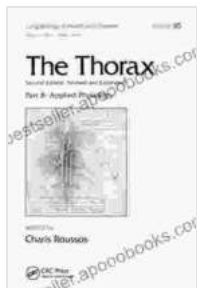


# Applied Physiology: A Comprehensive Guide for Health and Exercise Professionals

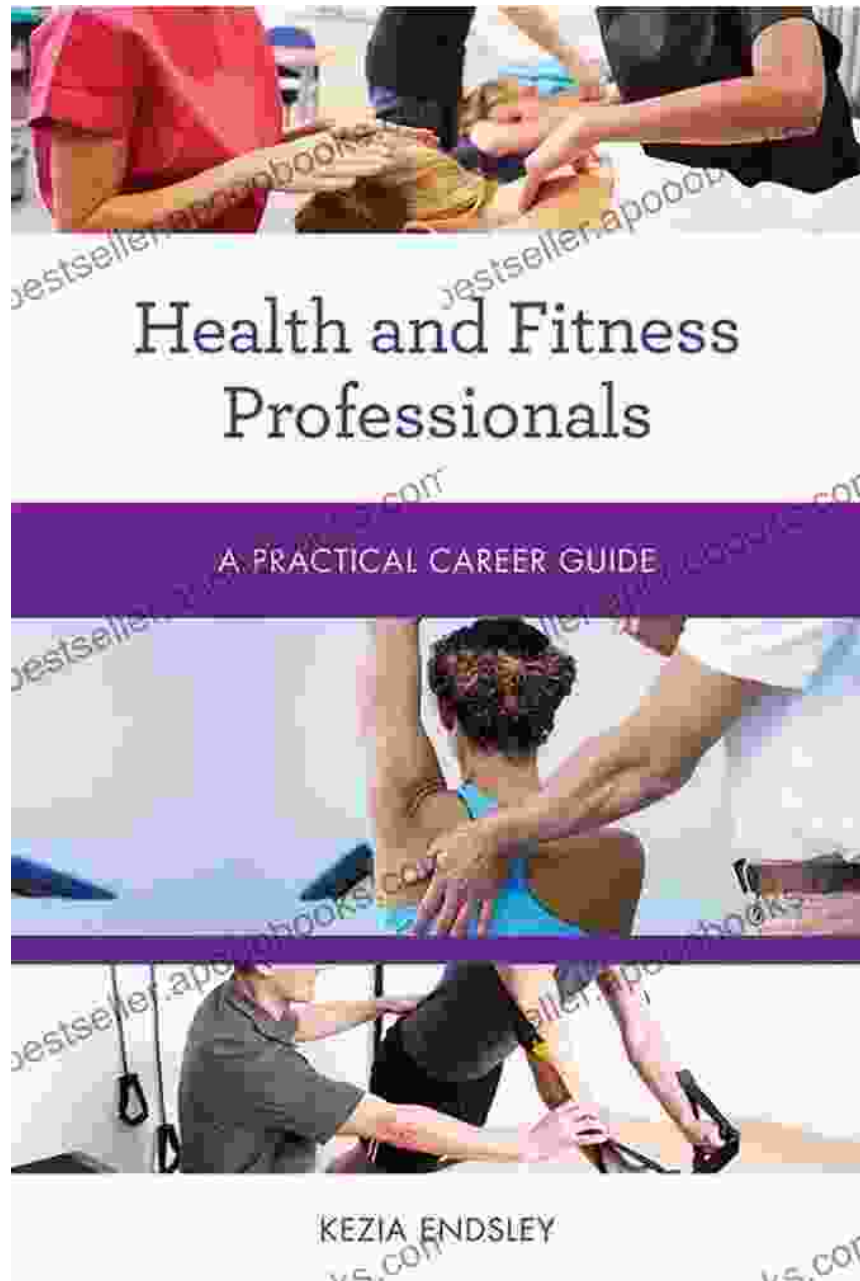


## The Thorax, ---Part B: Applied Physiology (In Three Parts) by Jerry Boyd

★★★★☆ 4.8 out of 5

Language : English  
File size : 28123 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 763 pages





## About the Book

**Applied Physiology: A Comprehensive Guide for Health and Exercise Professionals** is an essential resource for anyone working in the fields of health and exercise. This book provides a clear and concise overview of the physiological principles that underlie human movement and exercise, and it offers practical applications for improving health and fitness.

The book is divided into three parts:

- **Part 1: The Basics of Applied Physiology**

This section covers the fundamental concepts of physiology, including the structure and function of the human body, the principles of exercise physiology, and the effects of exercise on the body.

- **Part 2: Applied Physiology in Practice**

This section provides practical applications of physiology in the fields of health and exercise. Topics covered include:

- Exercise prescription for health and fitness
- Nutrition for athletes
- Injury prevention and rehabilitation
- Environmental physiology

- **Part 3: Special Topics in Applied Physiology**

This section covers advanced topics in applied physiology, such as:

- Exercise and aging
- Exercise and chronic diseases
- Sports performance enhancement

**Applied Physiology: A Comprehensive Guide for Health and Exercise Professionals** is an invaluable resource for anyone who wants to

understand the physiological principles that underlie human movement and exercise. This book is a must-read for health and exercise professionals, students, and anyone who is interested in improving their health and fitness.

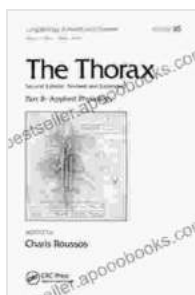
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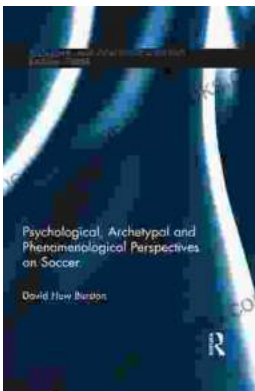
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