

Exercise Physiology: Nutrition, Energy, And Human Performance (Point (Lippincott Williams & Wilkins)) By Frank I. Katch;Victor L. Katch

By Frank I. Katch;Victor L. Katch

Overall Book. The book seems well put together and can prove to be really informational in the field of exercise physiology. The content in the book is placed in an

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concepts and relevant scientific information to provide a foundation for understanding nutrition, energy transfer, and exercise training. Exercise Physiology:

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