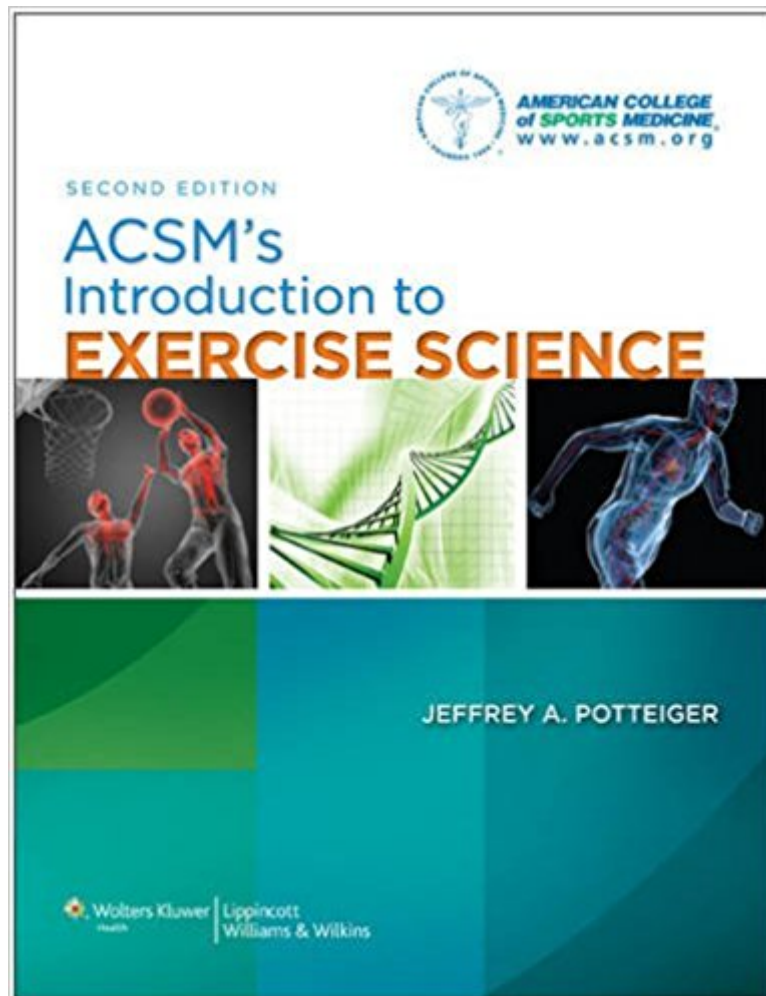




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ACSM's Introduction To Exercise Science



Synopsis

Developed by the American College of Sports Medicine (ACSM), this engaging and authoritative book provides an overview of exercise science and related areas, such as athletic training and sports medicine, to help readers develop an understanding of the basics of exercise science and the range of career paths in the field. Now in striking full color, this Second Edition reflects the most current trends and theories in the field and is enhanced by dynamic new videos that showcase different careers in exercise science. Demonstrating how exercise science principles are applied in real world settings, the book covers all the core disciplines of exercise science, including biomechanics, exercise physiology, sports psychology, motor control and learning, nutrition, and sports injury. An ACSM (American College of Sports Medicine) publication, this book reflects the standards for quality and excellence set by the leading exercise science organization in the world. Gain insight into what it takes to prepare for a successful career in the field through fascinating interviews with prominent exercise science professionals—now enhanced by NEW video clips. Enhance your understanding of a wide range of exercise science careers through NEW Video Fieldtrips that explore different real world settings. Master key concepts through chapter objectives, key terms and definitions, chapter summaries, review questions, and Thinking Critically boxes that pose questions to stimulate further thought.

Book Information

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Customer Reviews

rented this for my intro to exercise science class. Used it alot and had great information

The book came damaged the paper around the binding is ripping off but beside that it has been great. I hope that I do not have to pay for the damage I did not do

No issues

Great Condition

Book was for my course. Price was best I found and delivery was lightning fast

This book was required for one of my university courses and it was surprisingly poorly written. As well, the index is terrible.

Pretty encompassing narrative for an intro EXSC class. Used it some, probably should have used it more.

Competitavely priced, great book.

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