



Exercise Physiology Laboratory Manual

William Beam, Gene Adams

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Using a consistent format the text is a comprehensive manual of labs that show the effects of exercise, physical conditioning, and training, and practical applications to physical health and performance in physical activity. It promotes accepted practices for administering field and laboratory tests of exercise physiology and fitness and is designed to show common principles of exercise physiology. The labs show the acute and chronic effects of exercise. The author takes care to not use expensive equipment.

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