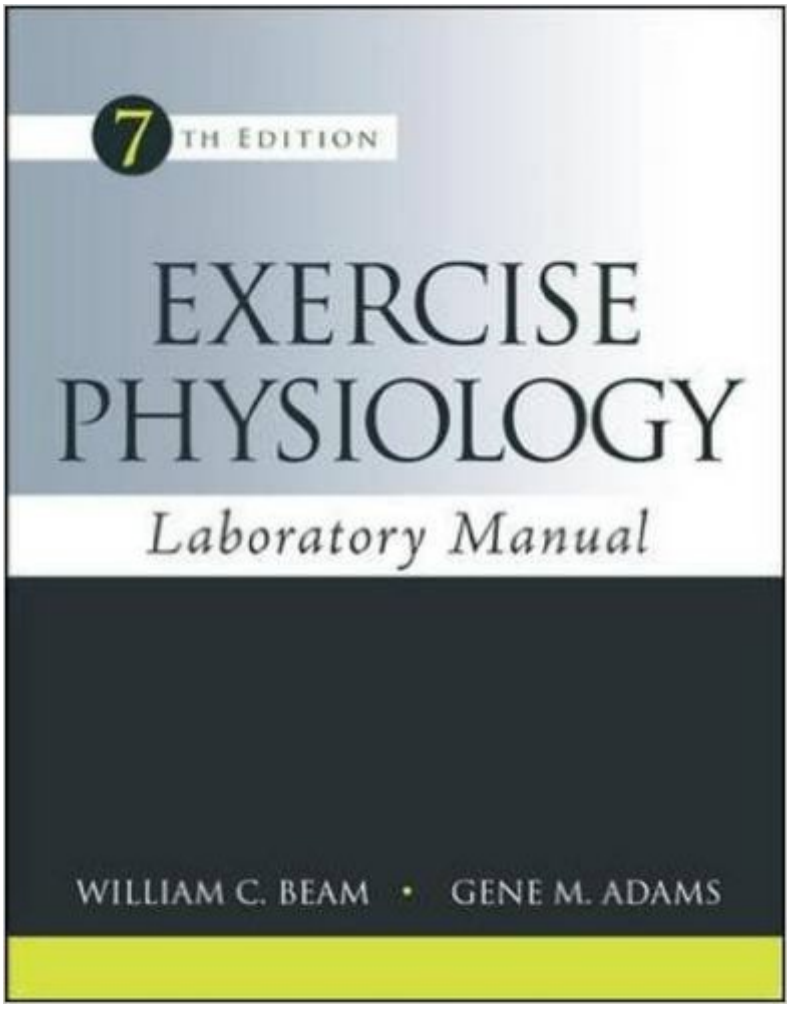
Exercise Physiology Laboratory Manual



Synopsis

Exercise Physiology Laboratory Manual is a comprehensive source for instructors and students interested in practical laboratory experiences related to the field of exercise physiology. It can be used as both a standalone lab manual or as a complement to any exercise physiology textbook. Students will come away with thorough instruction on the measurement and evaluation of muscular strength, anaerobic and aerobic fitness, cardiovascular function, respiratory function, flexibility, and body composition.Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill ConnectÂ® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:â ¢ SmartBookÂ® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.â ¢ Access to your instructorâ ™s homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.â ¢ Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.â ¢ The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping.Complete system requirements to use Connect can be found here: http://www.mheducation.com/highered/platforms/connect/training-support-students.html

Book Information

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Customer Reviews

The title says it; this book actually presents research and exercise tests in an organized, easy to read format, and clear language. Makes understanding exercise testing protocol exceptionally easy. It has been instrumental in writing Exercise Physiology manuscripts and all the sources used for the studies posted at the end of each chapter are great fodder for past research sources. Keeping this one on my shelf for future reference.

Beam & Adams 8th studiously avoids any discussion of probability theory and with it the role of probability in the analysis of experiments. Probability should be introduced in K-12 and be mandatory for graduation with a BS. This all says something about the status of our education system, first public school, and then university training, and specifically physiology and kineseolgy, where this text seems to be required. The index has no entries for normal, Gaussian, probability, distribution, density, or outlier. The text uses the word fitness hundreds of times with no definition. It has no Glossary.

It is an easy and objective book to read. However, does not cover important topics that are used in many centers, like the isometric strength in lower peripheral muscles (describes only handgrip).

Provided and continues to provide needed information for college classes and beyond. Good book.

Good quality.. A lot of writing in the book and wrinkled pages

easy to use and straight to the point

there are pages missing

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