Abstract

Exercise Physiology builds on the successful Powers foundations with a new edition developed specifically for students in Australia and New Zealand. Written by exercise physiology researchers and academics from across Australia and New Zealand, this brand new resource provides access to the best content, aligned with ESSA (Exercise and Sports Science Australia) and Australian nutrition guidelines. With a focus on local sports, such as rugby, AFL and netball, examples are more applicable and chapters also include local statistics, guidelines and units of measurement to help students visualise the theory.

With its clear and engaging style, this book is easy-to-read, but with a level of depth and breadth well suited to 1st and 2nd year students. The pedagogical framework of learning objectives, end of chapter material and boxed features help students focus and review the material they need to be learning, and see how it can be applied to help them study more effectively.

Balancing exercise physiology theory with practical skills, “Clinical Applications” shows students how the concepts that they are learning are used in the clinical setting, whilst “Research Focus” and “Ask the Expert” teaches how to read and think about the latest research.

Combined with a digital package including quizzes and animations for biological and physiological processes, Powers offers the complete package for Exercise Physiology students.

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