

Connect Access Card for Exercise Physiology Laboratory Manual

William Beam, Gene Adams



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Connect Access Card for Exercise Physiology Laboratory Manual William Beam, Gene Adams *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.

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