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An introduction to sport and exercise physiology for students, this book reviews the major body systems, and examines the body's acute responses to exercise and its chronic response to training. Students are taught how the environment affects these responses, and the text examines various approaches used to optimize performance.

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Exercise and sport physiology is about improving performance, by knowing how the body functions during exercise, and using scientific principles to allow your body to train better, perform better and recover quicker.

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Physiology of Sport and Exercise PDF is a book written by Jack H. Wilmore. Published by Human Kinetics, the book was released in 2015 for sale. It is one of the leading textbooks for understanding the physiological relationship between exercise and the human body. It is a great helping guide for students in the field of Physiology or Sports Science.

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Sports physiology uses this information to: increase CHO stores, decrease rate of CHO use and improve diet. Exercise physiology discovered overtraining. Sports physiology used this to design an exercise program to reduce risk. ACUTE PHYSIOLOGICAL RESPONSE TO EXERCISE. Body response to an individual bout of exercise

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