



ACSM's Introduction to Exercise Science

From Brand: Lippincott Williams Wilkins



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Developed by the American College of Sports Medicine for undergraduate students, this introduction offers you the essential foundation needed for advancing your studies in exercise science and related areas such as athletic training and sports medicine. The text shows how exercise science principles are applied in practice so that you can learn to help people optimize their health and athletic performance. All the core disciplines of exercise science are covered, including biomechanics, exercise physiology, sports psychology, motor control and learning, nutrition, and sports injury.

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Review

, Keith, Associate Professor, Department of Kinesiology, Angelo State University, San Angelo, TX -- "I am pleased to see the author's inclusion of practitioner interviews. I feel that this may be one of the strongest components of the book as it allows the reader to make connections between what is covered in the chapter and what he or she can expect in a career."-Susan Keith, Associate Professor, Department of Kinesiology, Angelo State University, San Angelo, TX , Scott Collier, Assistant Professor, Department of Exercise Science, Syracuse University, Syracuse, NY -- "This text does a very good job of explaining difficult terms and theory so anyone reading can understand." Scott Collier, Assistant Professor, Department of Exercise Science, Syracuse University, Syracuse, NY , Rudy Aguilar, Head Athletic Trainer, Pasadena City College, Pasadena, CA -- "The chapters I read are full of useful and practical information; it is easy to follow and understand. Undergraduates will be amazed that how easy reading it is and the information they receive they will be able to use right away."-Rudy Aguilar, Head Athletic Trainer, Pasadena City College, Pasadena, CA

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