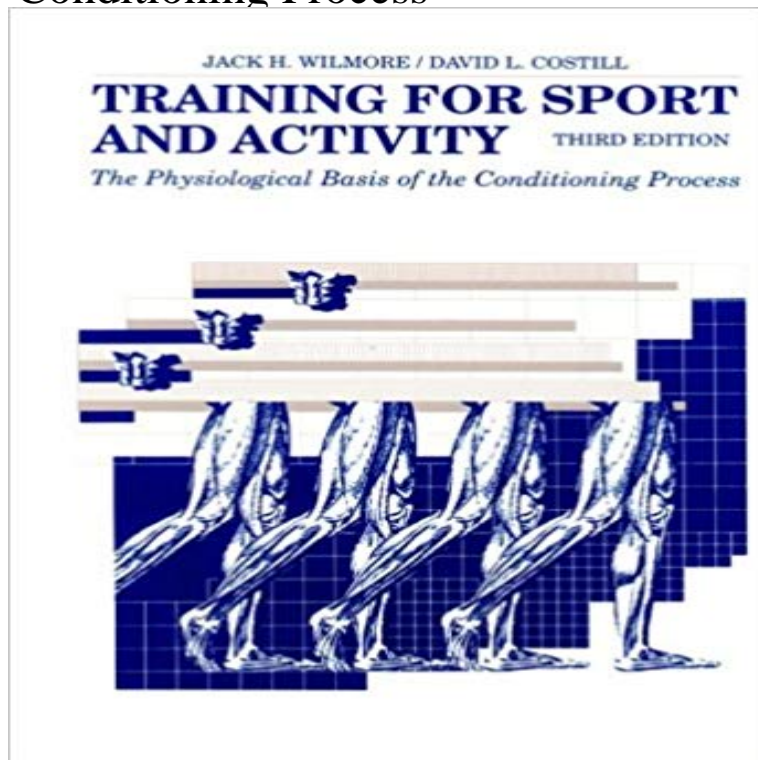


Training for Sport and Activity: The Physiological Basis of the Conditioning Process



This study provides students with an understanding of the physiological principles underlying the process of physical conditioning. The book also focuses on how to apply these principles to individuals training for sport and exercise. This edition covers the body's responses to acute exercise; the changes the body undergoes in response to either chronic exercise or a long-term programme of physical training; the factors which can help optimize sport performance; and the special conditioning considerations for young athletes, master athletes, and female athletes. The text also includes a chapter on assessing human performance, detailing how the various components of fitness and performance are measured.

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