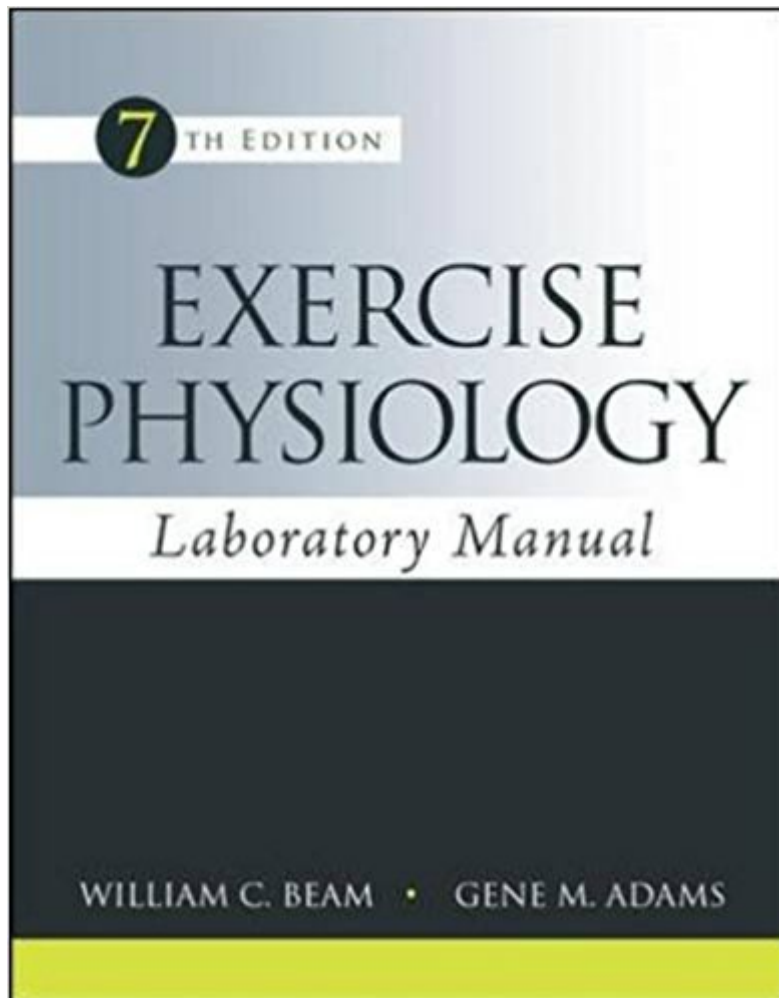




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Exercise Physiology Laboratory Manual



Synopsis

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. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect[®] is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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Book Information

Spiral-bound: 352 pages

Publisher: McGraw-Hill Education; 7 edition (February 7, 2013)

Language: English

ISBN-10: 0078022657

ISBN-13: 978-0078022654

Product Dimensions: 9 x 0.8 x 10.8 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 29 customer reviews

Best Sellers Rank: #34,069 in Books (See Top 100 in Books) #33 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #41 in Books > Medical Books > Medicine > Sports Medicine #132 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology

Customer Reviews

Dr. Gene Adams is Faculty Emeritus of Kinesiology and Health Science at California State University at Fullerton. Dr. Beam was born and raised in Orrville, Ohio. While in high school, he competed in football, wrestling and golf and played trumpet in the jazz band that toured the U.S. and Europe. He received his B.S. in biology from the College of Wooster, a small liberal arts college in Ohio. During his undergraduate study, he spent one summer in Vienna, Austria studying art history and German. He completed his graduate work and obtained his Ph.D. in exercise physiology from The Ohio State University. While a graduate assistant at Ohio State, he was responsible for performance testing of all the athletes including football, basketball, baseball, swimming, ice hockey and more. It was a wonderful experience working with so many talented collegiate, Olympic and future professional athletes. Dr. Beam joined the faculty at Cal State Fullerton in 1983 and the following year began directing the Exercise Physiology Lab and the Physical Performance Program. Under Dr. Beam's guidance, over fifty graduate students have completed their master's degrees and most are now active in the community working and teaching within the fitness/wellness profession. He also previously served as President of the Southwest regional chapter of the American College of Sports Medicine (SWACSM), and as the regional chapter representative to the ACSM Regional Chapters Committee. Bill currently lives in Placentia, California with his wife Terri, who teaches Chemistry at Mt. San Antonio College, and their two children Danny and Sara. Bill has commuted primarily by bicycle during his time at CSUF and enjoys cycling, jogging, swimming and playing sports with the family.

The title says it; this book actually presents research and exercise tests in an organized, easy to read format, and clear language. Makes understanding exercise testing protocol exceptionally easy. It has been instrumental in writing Exercise Physiology manuscripts and all the sources used for the studies posted at the end of each chapter are great fodder for past research sources. Keeping this one on my shelf for future reference.

Fun labs!

Great for what I needed to learn

easy to use and straight to the point

Provided and continues to provide needed information for college classes and beyond. Good book.

GRANDDAUGHTER REQUIRED THIS BOOK FOR COLLEGE COURSE.HAVE NOT HEARD ANY COMPLAINTS! SO SHE MUST BE A HAPPY CAMPER!!

It is a book required for a class being taken in College for athletic training. It was the book the instructor wanted us to use.

This helped me so much in lab! Makes a great reference for papers and I can follow along in Lab.

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