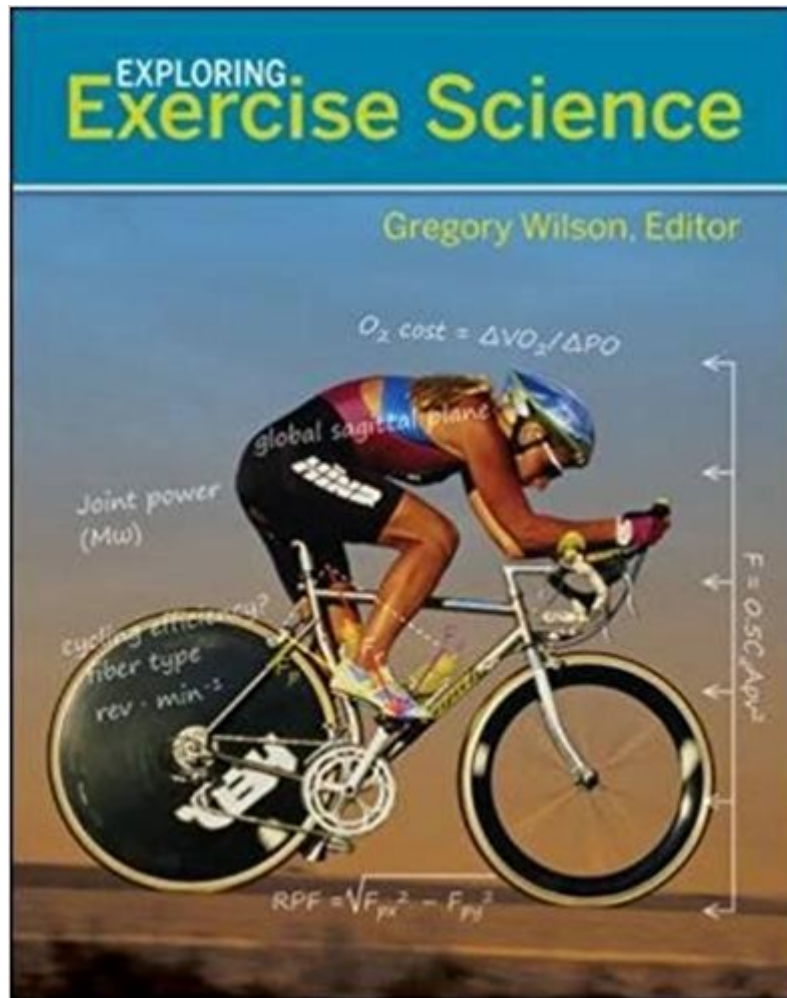




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Exploring Exercise Science



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Synopsis

Exploring Exercise Science is written from a practical standpoint. It blends scientific elements such as metabolic responses to exercise or the amount of force needed to generate an overhand throw with professional issues such as legal liability and employment opportunities. Each chapter is written by a leading expert in the field. Most books only present an overview, but Exploring Exercise Science integrates these concepts with practical information concerning types of employment possibilities and the certifications required to work in a specific area. The distinct approach of this textbook bridges the gap between subject material and how that information is used in the workplace. Students interested in employment in specific areas of exercise science have the opportunity to truly understand what is required in pursuit of their long-term goals.

Book Information

Hardcover: 240 pages

Publisher: McGraw-Hill Education; 1 edition (January 5, 2009)

Language: English

ISBN-10: 0073523631

ISBN-13: 978-0073523637

Product Dimensions: 8.7 x 0.6 x 11 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 7 customer reviews

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Customer Reviews

Got this for my first Exercise Science class and it was a fraction of the price that my school bookstore was selling it for. I absolutely love exercise science but this book is very entry level and small, so the information inside is fairly basic and bland. However, I got a great deal on it and it was required for my class so I can't complain!

Great condition

I need this book for a class so there's not much to review

Exactly as described!

Good condition. Worked for school.

I received the item in an average amount of time. But it took them a few days too long to 'ship' it off. Once they had it arrived very quickly! The item was exactly what I thought it to be, and in great condition! Overall happy. I had 'contacted the seller' via emails (2) and no response. That bothered me. But I am very happy with the product. Thank you

I haven't used this textbook since my class. We used it in there so it was helpful, but don't spend a bunch on it.

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