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Peter B. Raven, David H. Wasserman, William G. Squires, Tinker D. Murray

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EXERCISE PHYSIOLOGY: AN INTEGRATED APPROACH presents the fundamental concepts of exercise physiology. You will learn the immediate and long-term effects of exercise on physiological systems in the context of the most recent research, including molecular and genetics studies. The book focuses on issues like obesity, diabetes, and metabolic syndrome, and is designed to address the global pandemic of sedentary diseases in all age groups. The examples are integrated throughout and link the principles of exercise physiology to strategies that you can use to apply the science in real-life client situations.

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