



ACSM's Advanced Exercise Physiology

American College of Sports Medicine

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Written at a graduate level, the Second Edition of ACSM's Advanced Exercise Physiology enables experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. Moreover, it examines how these physiological responses are affected by heat, cold, hypoxia, microgravity, rest, and hyperbaria. This Second Edition features a team of international authors and editors whose expertise spans general physiology, exercise physiology, and research. Together, they have substantially revised, updated, and reorganized the text to incorporate feedback from both instructors and students.

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