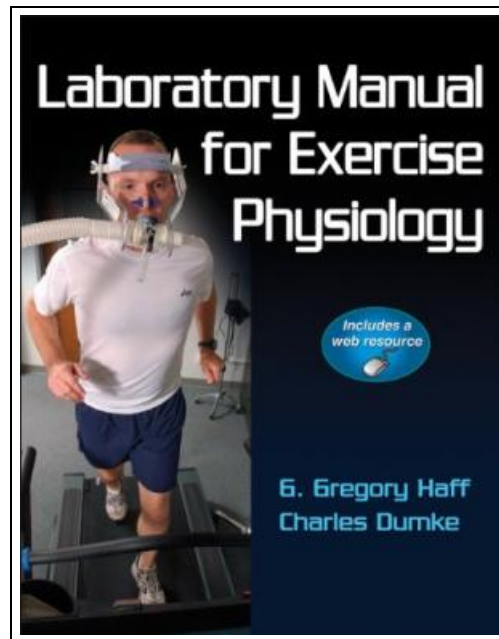


Laboratory Manual for Exercise Physiology



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Human Kinetics Publishers. Paperback. Condition: New. 464 pages. Dimensions: 11.0in. x 8.5in. x 1.2in. Designed for undergraduate students, **Laboratory Manual for Exercise Physiology: Predictions, Equations, and Test Methods** offers comprehensive coverage of the basic testing procedures used in the assessment of human performance, health, and wellness. This user-friendly resource will assist students in developing the knowledge and skills to perform a wide range of tests and to critically analyze and synthesize data. Authors Gregory Haff and Charles Dumke have assembled a text that introduces readers to testing that can be applied in a variety of professional settings. The book's 15 labs encompassing 49 activities lead students through a series of learning opportunities that explore the basics of testing and pretest screening as well as methods for evaluating flexibility, blood pressure, oxygen consumption and energy expenditure, aerobic and anaerobic fitness, lactate metabolism, muscular strength, pulmonary function, body composition, and electrocardiogram assessments. **Laboratory Manual for Exercise Physiology** has been expertly sequenced to offer students an optimal learning experience. Organized in a logical progression, the labs build in complexity as students progress through the book and develop their knowledge base. A consistent heading structure enables students to easily follow the material and grasp the focus of the activities. Each laboratory is a complete lesson beginning with objectives, definitions of key terms, and background information that set the stage for learning. For each of the laboratory activities, students will find step-by-step instructions, making it easier for those new to the lab setting to complete the activities. Figures and photos throughout the text illustrate the key techniques. Data sheets are provided for each of the tests, allowing students to record their individual findings. Question sets found after each activity prompt students to put their lab experiences into context, and case studies help them understand the practical...

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