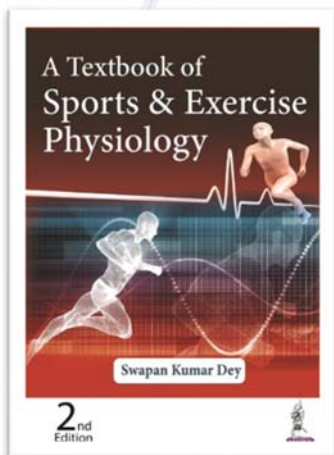




NEW RELEASE



A Textbook of Sports & Exercise Physiology

Authors: Swapan Kumar Dey

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ABOUT THE BOOK

A Textbook of Sports and Exercise Physiology, second edition, is intended as a text for the core courses in physiological aspects of exercise and sports taught to students of physiology, sports science, physical education and sports coaching. It would be useful to researchers, coaches and other professionals wishing to enrich their knowledge through self-study.

KEY FEATURES

- This book is intended for the students of Sports and Exercise Physiology, Physical Education, practicing professional, coaches, researchers and scientists interested in modern Applied Physiology.
- Covers recent methods and practices in the field of sports and exercise science.
- The book is divided mainly in two parts: (1) History and advent of modern physiology and (2) the effect of different types of trends, techniques and substances on a human body.
- The overall content is highly concise and informative addressing the recent practical aspects of exercise physiology.
- All the chapters contain bulleted Objectives and summary that promote mastery of the material.
- The 'integrative questions' pose open-ended problems for considerable reflection on complex concepts.

READERSHIP

- Students of Sports and Exercise Physiology, Physical Education, practicing professional, coaches, researchers and scientists

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