



# Essentials of Exercise Physiology

*William D. McArdle BS M.Ed PhD, Frank I. Katch, Victor L. Katch*

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Essentials of Exercise Physiology offers a compact version of the Seventh Edition of the bestselling Exercise Physiology: Nutrition, Energy, and Human Performance, making it ideal for introductory undergraduate courses. As students progress through the text, they will develop a deep understanding of the interrelationships among energy intake, energy transfer during exercise, and the physiologic systems that support energy transfer. Moreover, they will discover how to apply what they have learned to enhance exercise training, athletic performance, and health.

Based on feedback from students and instructors, this Fourth Edition offers new organization, content, and features while maintaining its hallmark pedagogy, writing style, graphics, and flow charts. The new organization makes it easier to cover the text in a one-semester course and adapt materials to diverse interests. Plus, each section has undergone a major revision, offering readers coverage of new and emerging topics in exercise physiology as well as the latest research findings.

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