



# **Exercise Physiology: Theory and Application to Fitness and Performance**

Scott K. (Scott Kline) Powers

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### **Exercise Physiology: Theory and Application to Fitness and Performance**

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Exercise Physiology: Theory and Application to Fitness and Performance Scott K. (Scott Kline) Powers Written especially for exercise science and physical education students, this text provides a solid foundation in theory illuminated by application and performance models to increase understanding and to help students apply what they've learned in the classroom and beyond.



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