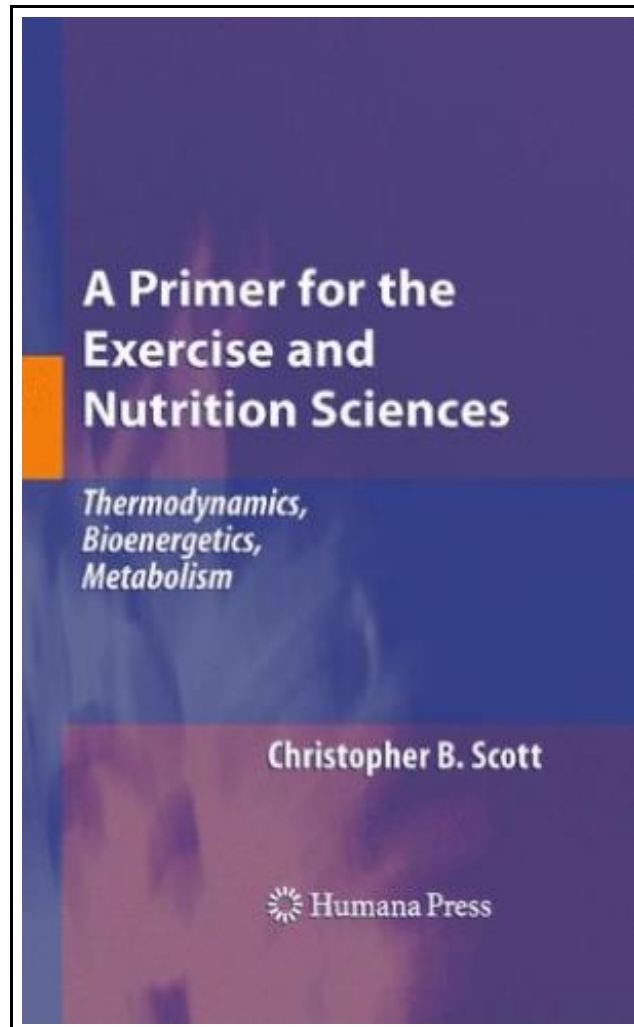


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Filesize: 4.34 MB

Reviews

The publication is easy in read through preferable to fully grasp. It is written in simple phrases instead of hard to understand. You will not sense monotony at any moment of your respective time (that's what catalogs are for concerning if you request me).

(Kevin Bergstrom Sr.)

A PRIMER FOR THE EXERCISE AND NUTRITION SCIENCES: THERMODYNAMICS, BIOENERGETICS, METABOLISM



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Humana Press. Hardcover. Condition: New. 166 pages. Dimensions: 9.3in. x 6.4in. x 0.6in. What a journey writing this text has been. The lengthy voyage started well before the idea hatched of authoring a text that contained the word thermodynamics! I was informed by my good friend and sometimes colleague Dr. Jose Antonio that by including that word in the title, nutritionists and exercise physiologists might avoid the subject. But almost every step of my expedition was taken on a rather solid foundation of thermodynamics and as such the topic could not possibly be omitted from the title or the text of a book about bioenergetics and energy expenditure. I am not a physicist. In fact I first went to college to become a football coach. That vocational choice began to deteriorate when taking the mandatory anatomy and physiology courses required of all physical education majors. This information was exciting; my interest in physical education began to wane. During sophomore year, I answered an advertisement in the school newspaper requesting research subjects. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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