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### Exercise physiology: human bioenergetics and its applications.

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Author Affiliation : University of California, Berkeley, CA, USA.

Book : [Exercise physiology: human bioenergetics and its applications.](#) 1996 No. E pp.xviii+750 pp. ref.many

Abstract : Although physical capability no longer plays a determinant role in human performance, it contributes largely to the development and maintenance of physique and strength. In turn, an individual's physical performance is the result of such factors as genetic endowment, state of maturation, nutrition, training and environment; these

covered in the second edition of this book. In contemporary society, degenerative diseases, most significantly coronary heart disease, have replaced infectious diseases as major causes of debilitation and death. The use of exercise to diagnose, prevent, and treat degenerative diseases is an important aspect of this volume.

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