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The physiological basis for exercise and sport.

Author(s) : [Fox, E. L.](#) ; [Bowers, R. W.](#) ; [Foss, M. L.](#)

Book : [The physiological basis for exercise and sport](#). 1993 No.Ed. 5 pp.xvi + 710

Abstract : This book is the fifth edition of a standard text for undergraduate exercise physiology. It is written for future physical educators and coaches in various health professions, including physical therapy, occupational therapy and other applicable fields. The book provides an introduction to the concepts of metabolism during exercise and cardiorespiratory physiology as applied to exercise. The text is divided into seven sections as follows: bioenergetics; respiratory concepts; cardiorespiratory considerations; physical training; environmental

considerations; nutrition and body weight control; and special consideration

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neutralizes the line-up.

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