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skeletal, and nervous systems.

We will look at both the acute and the chronic affects that occur.

Cardiovascular System

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neuro-endocrine function, fluid balance, and thermoregulation.

Fundamentals of Exercise Physiology | 1.1: What Is ...

Product Overview. Created by ACE and respected healthcare publisher F.A. Davis, this text will help health and fitness professionals learn how to apply the science of exercise physiology to exercise programs and to solve problems encountered in practice. The resource features hands-on learning tools, including “Practice What You Know” examples that allow instructors to assign lab activities directly from the workbook.

Exercise Physiology - ACE Fitness

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