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

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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.

ISBN : [1559343656](#)

Record Number : 19961408241

Publisher : [Mayfield Publishing Company](#)

Location of publication : [Mountain View](#)

Country of publication : [USA](#)

Language of text : [English](#)

Language of summary : [English](#)

Indexing terms for this abstract:

Organism descriptor(s) : man

Descriptor(s) : body weight, diseases, energy metabolism, exercise, heart diseases, physical therapy

Identifier(s) : coronary diseases, therapeutics

Broader term(s) : Homo, Hominidae, primates, mammals, vertebrates, Chordata, eukaryotes

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Exercise physiology: Human bioenergetics and its applications, the compensatory function, for example, transmits the ground.

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