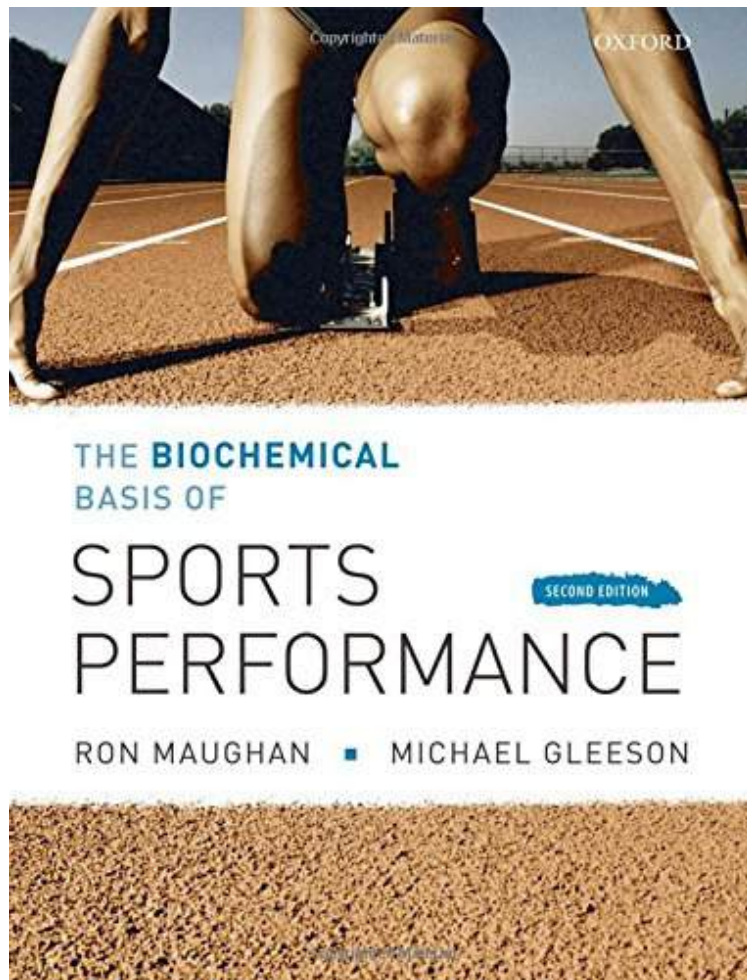


The Biochemical Basis of Sports Performance

By Robert J. Maughan, Michael Gleeson

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1 of 1 review helpful I think it would be a great textbook for those that wish to get into Sports By War Eagle Cuts to the chase of an introduction to biochemistry related to sport based physiology This textbook is intended for my Advanced Exercise Physiology graduate class For that means I think it is severely skewed to high performance athletic

physiology while leaving out all other aspects to Kinesiology physiolog Some understanding of the biochemistry of exercise is fundamental to any study of the factors that contribute to sports performance It is the physical chemical and biochemical properties of cells and tissues that determine the physiological responses to exercise and yet the teaching of exercise biochemistry is poorly developed compared with exercise physiology Where the subject is taught the student often finds the approach somewhat daunting with its focus on therm This well written book does an excellent job of sorting through the volumes of information on physiology and sports to provide key concepts necessary in order to maximise performance while minimizing injury and overtraining University of Tennessee at Knoxville

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