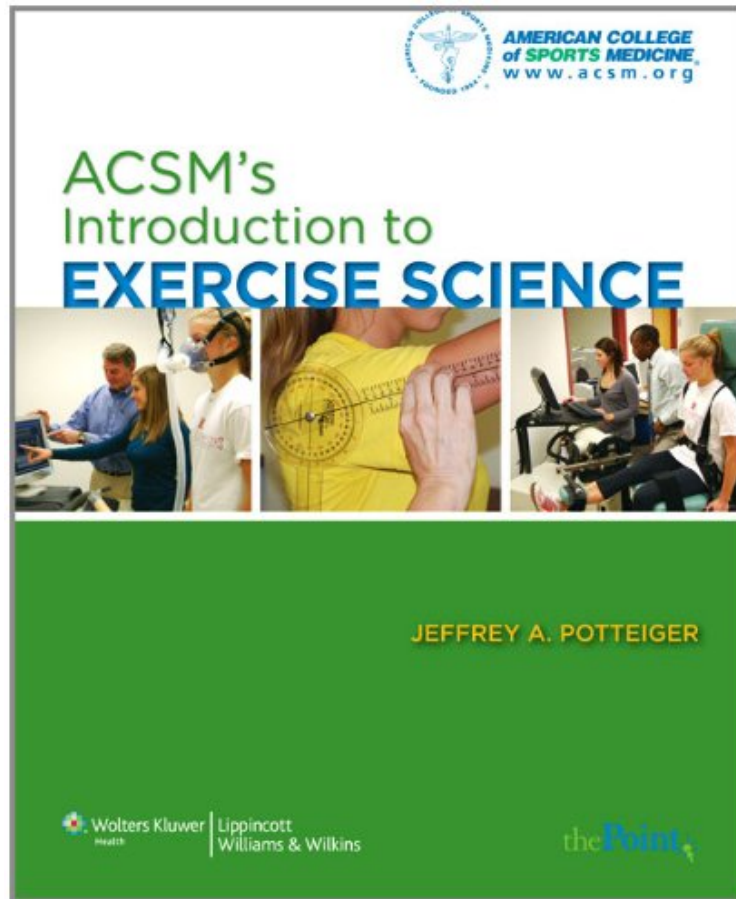


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ACSM's Introduction to Exercise Science

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From Brand: Lippincott Williams Wilkins : ACSM's Introduction to Exercise Science before purchasing it in order to gauge whether or not it would be worth my time, and all praised ACSM's Introduction to Exercise Science:

0 of 0 people found the following review helpful. As described on time arrival By Romero_Michele As described, great substitute for follow up edition, next edition still uses the 2010 studies, so not much change in information just some few small details (I've looked at the latest edition in comparison) quizlet.com was great for assistance with quiz question differences in the new edition. 1 of 1 people found the following review helpful. American Education System Based Book By Driver I'm from Trinidad Tobago in the West Indies. I use about 3 books inclusive of this for my sport science studies. Of the 3 I use this the least. The information seems a bit weird and unstructured to follow while some hard facts and core teaching points are a bit hard to interpret for me. In the Caribbean, our education system is patterned from the British system since we were once a Brit colony. Therefore, I attribute my rating to this fact. I prefer European books for my studies and it works well for me. I guess it all depends on what floats your boat! 1 of 1 people found the following review helpful. Not the most exciting, but it's what I needed! By Evan It's a textbook, so there really isn't much to say about it. You will learn of all the joys of what's inside when you read it. I needed it for my Exercise Science

class (duh) and we reference to it quite often. There aren't too many illustrations, which leads to the amount of text being daunting. Yes, words are fine, but pictures do actually help make the read more appealing. Happy reading!

Developed by the American College of Sports Medicine for undergraduate students, this introduction offers you the essential foundation needed for advancing your studies in exercise science and related areas such as athletic training and sports medicine. The text shows how exercise science principles are applied in practice so that you can learn to help people optimize their health and athletic performance. All the core disciplines of exercise science are covered, including biomechanics, exercise physiology, sports psychology, motor control and learning, nutrition, and sports injury.P

, Keith, Associate Professor, Department of Kinesiology, Angelo State University, San Angelo, TX -- "I am pleased to see the author's inclusion of practitioner interviews. I feel that this may be one of the strongest components of the book as it allows the reader to make connections between what is covered in the chapter and what he or she can expect in a career."-Susan Keith, Associate Professor, Department of Kinesiology, Angelo State University, San Angelo, TX , Scott Collier, Assistant Professor, Department of Exercise Science, Syracuse University, Syracuse, NY -- "This text does a very good job of explaining difficult terms and theory so anyone reading can understand." Scott Collier, Assistant Professor, Department of Exercise Science, Syracuse University, Syracuse, NY , Rudy Aguilar, Head Athletic Trainer, Pasadena City College, Pasadena, CA -- "The chapters I read are full of useful and practical information; it is easy to follow and understand. Undergraduates will be amazed that how easy reading it is and the information they receive they will be able to use right away."-Rudy Aguilar, Head Athletic Trainer, Pasadena City College, Pasadena, CA