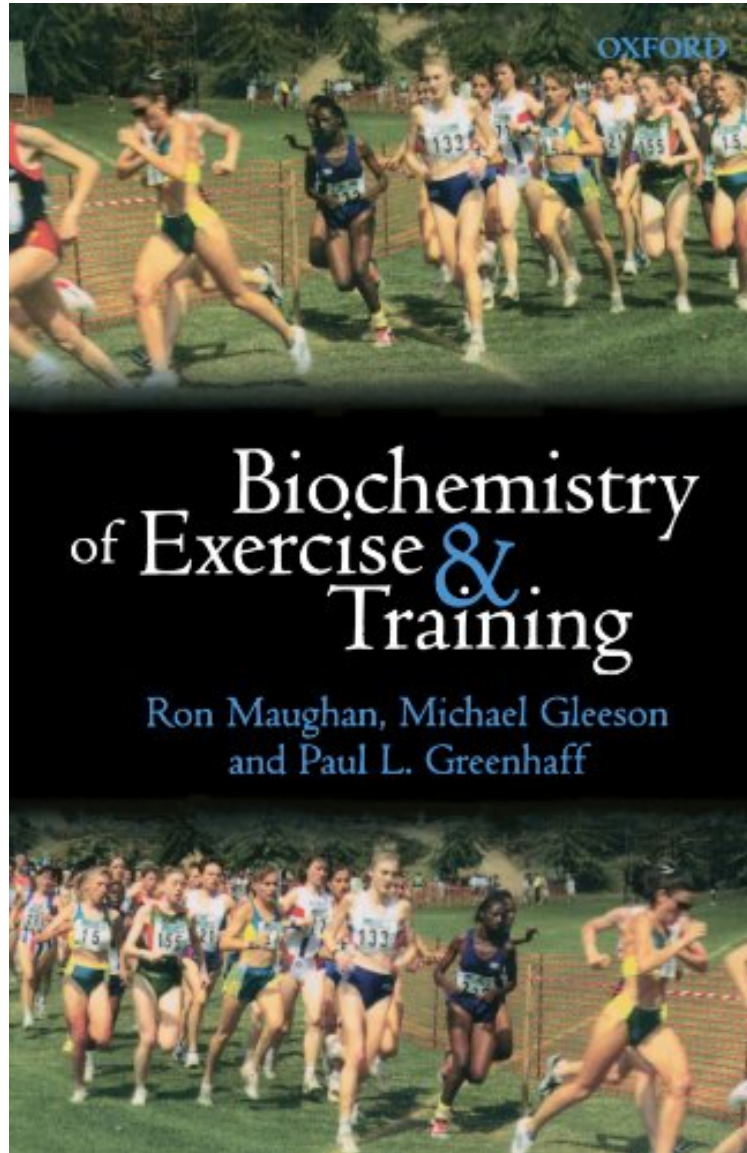


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Biochemistry of Exercise and Training (Oxford Medical Publications)

Ron Maughan, Michael Gleeson, Paul L. Greenhaff
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Ron Maughan, Michael Gleeson, Paul L. Greenhaff : Biochemistry of Exercise and Training (Oxford Medical Publications) before purchasing it in order to gage whether or not it would be worth my time, and all praised Biochemistry of Exercise and Training (Oxford Medical Publications):

0 of 0 people found the following review helpful. Five Stars By Mary The book was published some years ago, but still

informative !1 of 1 people found the following review helpful. Exciting findBy A. WhitwamThis is one of the smaller books I've found on the subject but is turning out to be a fun read... fun for someone interested in learning more on the topic without any added intimidation by books four to five times its size.I am very pleased with the purchase and look forward to finishing this book in the very near future (and wish I could say that about any of the other books I own on the topic).On a side note, the seller was great and the book was delivered ahead of the expected time which is very impressive.1 of 1 people found the following review helpful. Five StarsBy Michael GarrettBest Biochemist book available relating to exercise medicine!

Sports Science is a rapidly expanding area, with student numbers on University courses increasing faster than for many other academic subjects. While there are a large number of suitable texts on exercise physiology, there has of yet been no such text for the area of exercise biochemistry. Biochemistry is also an area that students taking these courses usually have the greatest difficulty in understanding. The Biochemistry of exercise and training provides a broadly based introduction to those aspects of biochemistry relevant to exercise science. For students of biochemistry, physiology, and sports science, the book will enable them to develop a solid understanding of the fundamentals of biochemistry. Throughout, the focus is on physiological chemistry, dealing with those biochemical processes that determine the metabolic response to exercise, and the way in which these responses are influenced by training. The authors have taken account of the rapid advances being made in the field of physiological chemistry, and by providing the reader with a broad understanding of the fundamental concepts, they should then be able to integrate these future developments with their existing knowledge of the area.

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