measurement and evaluation of muscular strength, anaerobic and aerobic fitness, cardiovascular function, respiratory function, flexibility, and endurance. The book discusses the fundamentals of exercise science and its application in fitness and sport, the role of nutrition in human performance, and the impact of exercise on health and disease. It also covers the psychological aspects of exercise, including motivation, stress management, and sports psychology.

The book is intended for students, professionals, and anyone interested in understanding the science behind physical activity and exercise. It is written in an accessible style and includes numerous examples, case studies, and practical applications to help readers apply the concepts they learn in real-world situations.
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