

Preface

Introduction to exercise Physiology is intended for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology, sports and exercise science, physical therapy and physical education. The overall objective of this text is to provide the student with an up-to-date understanding of the physiology of exercise. While the core concepts of exercise physiology remain constant across the world, this local edition has allowed us to make the text more relevant and engaging for students those studying Physical Education. Physical activity, along with proper nutrition, is beneficial to people of all ages, backgrounds, and abilities. Staying active is one of the best ways to keep our bodies healthy and it is important that everyone gets active. After this content, the student is now ready to apply this learning of the fundamentals to more applied exercise physiology knowledge and skills.