
The Physiology Of Training For High Performance

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The Physiology of Training for High Performance begins by introducing the reader to the concept and physiological bases of adaptation. The authors then delve into training for different outcomes, for example, improved endurance or speed, and relate the discussion to various sports and events.

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Exercise physiology is the physiology of physical exercise. It is one of the allied health professions that involves the study of the acute responses and chronic adaptations to exercise. Understanding the effect of exercise involves studying specific changes in muscular, cardiovascular, and neuro humoral systems that lead to changes in functional capacity and strength

due to endurance training or strength training . [2]

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PHYSIOLOGY OF EXERCISE - TRAINING, STRENGTH, MUSCLE ...

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