



Student Study Guide To Accompany Exercise Physiology: Theory And Application To Fitness And Performance

By Scott K. Powers, Edward T. Howley, Powers

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This workbook is designed to accompany the textbook "Exercise Physiology: Theory and Application to Fitness and Performance" by Powers and Howley. The purpose of this study guide is twofold: to improve your study and test-taking skills and to provide sets of structured learning activities that correspond to the textbook chapters.

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