



Essentials of Exercise Physiology

William D. McArdle BS M.Ed PhD, Frank I. Katch, Victor L. Katch

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Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training. The book is lavishly illustrated with full-color graphics and photos and includes real-life cases, laboratorytype activities, and practical problem-solving questions. This edition has an Integrated Workbook in the margins that reinforces concepts, presents activities to test knowledge, and aids students in taking notes.

An accompanying CD-ROM contains multiple-choice and true/false questions to help students prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.



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