



ACSM's Introduction to Exercise Science

American College of Sports Medicine

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Developed by the American College of Sports Medicine (ACSM), this engaging and authoritative book provides an overview of exercise science and related areas, such as athletic training and sports medicine, to help students develop an understanding of the basics of exercise science and the range of career paths in the field.

Now in striking full color, this Second Edition reflects the most current trends and theories in the field and is enhanced by dynamic new videos that showcase different careers in exercise science. Demonstrating how exercise science principles are applied in real world settings, the book covers all the core disciplines of exercise science, including biomechanics, exercise physiology, sports psychology, motor control and learning, nutrition, and sports injury. As an ACSM (American College of Sports Medicine) publication, the book offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.



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