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By Jeffrey Potteiger

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Exercise science students must therefore be well prepared for understanding how human movement assists individuals in their pursuit of good health and successful sport performance. ACSM's Introduction to Exercise Science provides an overview of the components important to developing a solid understanding and appreciation of all aspects of exercise science. This book is designed for first year students in exercise science or any of the related areas, including athletic training and sports medicine, clinical and sport biomechanics, clinical exercise physiology, exercise and sport nutrition, exer...