



Physiological Aspects of Sport Training and Performance 2nd Edition

Jay Hoffman

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2nd Edition

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With an integrated text and video combination, *Physiological Aspects of Sport Training and Performance, Second Edition (Enhanced)*, presents an in-depth discussion of physiological adaptation to exercise. Students will learn the importance of an evidence-based approach in prescribing exercise, while sports medicine professionals and health care providers will appreciate using the text as a primary reference on conditioning and performance of athletes.

This special enhanced e-book edition includes 80 drills that cover warm-up, flexibility, balance, plyometric, speed training, and agility exercises. Forty of those drills are accompanied by embedded video clips of the drill being performed, and a longer drill features a complete warm-up routine.

This text covers a range of topics, including environmental influences on performance, hydration status, sport nutrition, sport supplements, and performance-enhancing drugs. The second edition also incorporates the following features to enhance practical application and facilitate students' learning:

- Chapter objectives provide an overview of key content in each chapter.
- Chapter review questions help students assess their learning.
- In Practice sidebars bring chapter content to life in a practical manner and help students better understand the material.

Physiological Aspects of Sport Training and Performance, Second Edition, provides a strong basis for understanding adaptation to exercise and appreciating how changes in program variables can alter training adaptations. The text serves as both a key educational tool and primary reference for exercise prescription for athletes.



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