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Exercise Physiology and its origins The first edition of Exercise Physiology: Energy, Nutrition, and Human Performance appeared in 1981; since then, knowledge of the physiologic effects of exercise in general - and the body's unique and specific responses to training in particular - has exploded.

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Exercise Physiology | NYU Steinhart

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Exercise Physiology: Nutrition, Energy, and Human ...

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Applied Physiology, Nutrition, and Metabolism

Introduction: A View of the Past Exercise Physiology: Roots and Historical Perspectives NUTRITION: THE BASE FOR HUMAN PERFORMANCE Carbohydrates, Lipids, and Proteins Vitamins, Minerals, and Water Optimal Nutrition for Exercise ENERGY FOR PHYSICAL ACTIVITY Energy Value of Food Introduction to Energy Transfer Energy Transfer in the Body Energy Transfer in Exercise Measurement of Human Energy ...

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The Program in Nutrition and the Program in Applied Exercise Physiology (in the Department of Bio-behavioral Sciences) offer a joint 55-point Master of Science degree in Nutrition and Exercise Physiology (NEP). In addition to the core courses in nutrition, students are required to take a core of courses in applied exercise physiology.

Nutrition and Exercise Physiology | Teachers College ...

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