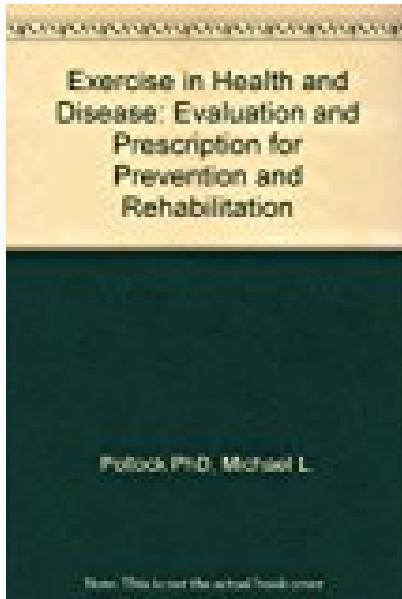


# Exercise in Health and Disease Evaluation and Prescription for Prevention and Rehabilitation

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## BOOK DETAILS

- Author : Michael L. Pollock PhD
- Pages : 741 Pages
- Publisher : Saunders
- Language : English
- ISBN : 0721629482

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## **BOOK SYNOPSIS**

Focuses on exercise and fitness for both healthy individuals and those with conditions such as cardiovascular disease and obesity. The text discusses basic etiology and pathophysiology and details the role of exercise in prevention and rehabilitation. Emphasis is on prescribing effective exercise programs. Presents discussions on etiology of disease, principles of exercise prescription, value of exercise, fitness measurement and more! Includes numerous illustrations and references.

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