Physical Activity And Cardiovascular Disease Prevention

Helps students understand the epidemiology behind the assertion that physical activity is associated with better health and quality of life. This text addresses the principles governing physical activity, the methods for measuring exertion, the cardiovascular and metabolic responses to physical activity, and cardiovascular disease and risk factors.

Key features include:

- Publication Year: 2009
- Edition: 1st
- Author/Editor: Kokkinos, Peter
- Publisher: Jones & Bartlett Learning
- Platform: OvidMD, Ovid
- Product Type: Book
- Speciality: Community Health & Disease Prevention, Epidemiology
- Language: English
- Pages: 418
- Illustrations: 0