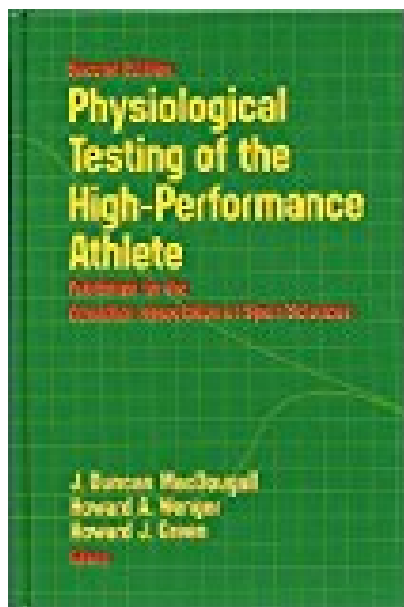


Physiological Testing of the High Performance Athlete



BOOK DETAILS

- Author : J. Duncan Macdougall
- Pages : 448 Pages
- Publisher : Human Kinetics Pub
- Language : English
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BOOK SYNOPSIS

Physiological Testing of the High-Performance Athlete aims to provide readers with information on not only how to design and conduct testing programmes, but also how to make the test protocols sport-specific. Readers will learn to interpret the results so they can prescribe training programmes that will enable athletes to achieve maximum performance.

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