



Exploring Exercise Science (B&B Physical Education)

By Gregory Wilson

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Exploring Exercise Science is written from a practical standpoint. It blends scientific elements such as metabolic responses to exercise or the amount of force needed to generate an overhand throw with professional issues such as legal liability and employment opportunities. Each chapter is written by a leading expert in the field. Most books only present an overview, but Exploring Exercise Science integrates these concepts with practical information concerning types of employment possibilities and the certifications required to work in a specific area.

The distinct approach of this textbook bridges the gap between subject material and how that information is used in the workplace. Students interested in employment in specific areas of exercise science have the opportunity to truly understand what is required in pursuit of their long-term goals.

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