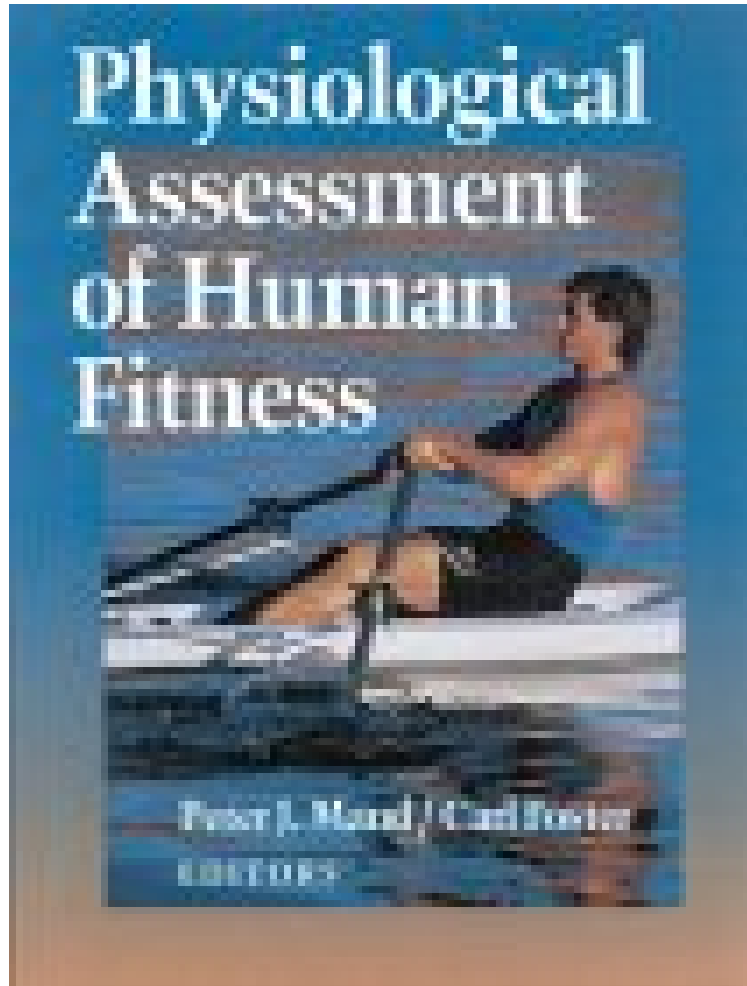


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## Physiological Assessment of Human Fitness

*Peter J. Maud, Carl Foster*

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This text provides detailed descriptions of a wide range of accepted fitness assessment methods, with an emphasis on testing the general population. It includes contributions from a team of exercise physiologists, describing the techniques, procedures and norms for accurate and effective fitness testing. The book teaches readers how to measure and interpret physiological changes resulting from different types of training programmes for athletics and for health improvement. It provides insights into direct and indirect methods for determining aerobic power, breath-by-breath pulmonary gas exchange, and reasons and methods for anaerobic threshold measurement. It also offers techniques for

measuring human strength and mechanical power, evaluating muscle tissue via biopsy, determining body composition, applying anthropometry, and evaluating joint range of motion. The book features the many challenges of field testing, and gives guidance on how to utilize and interpret the most appropriate statistical procedures.