



## Fisiología del ejercicio (Spanish Edition)

*William D. McArdle, Frank Katch, Victor Katch*

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Desde su 1.<sup>a</sup> edición en 1981, Fisiología del ejercicio. Nutrición, rendimiento y salud ha contribuido a que más de 400 000 estudiantes de pre y posgrado construyan una base científica sólida sobre los principios que rigen la fisiología del ejercicio. Esta 8.<sup>a</sup> edición, como la de hace más de 30 años, sigue reflejando el compromiso continuo de los autores por integrar conceptos y la ciencia de las diferentes disciplinas involucradas en el desempeño y regulación de la actividad física, como fisiología, nutrición, bioquímica y bioenergética del ejercicio, medicina, acondicionamiento y rendimiento deportivo y los aspectos de salud relacionados con la realización de actividad física de forma regular.

La obra mantiene su estructura de ocho secciones y una sección introductoria sobre los orígenes de la disciplina. La sección final «En el horizonte» ha cambiado de un apéndice a un capítulo numerado, para situar la biología molecular como componente ya establecido y consolidado en la ciencia del ejercicio físico.

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