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Kinanthropometry and Exercise Physiology Laboratory Manual Volume 2: Exercise Physiology: Tests, Procedures and Data, Roger Eston, Thomas Reilly, 2001, Science, 298 pages. Click on the link below to access this title as an e-book. Please note that you may require an Athens account..

Physiological Assessment of Human Fitness , Peter J. Maud, Carl Foster, 2006, Health & Fitness, 319 pages. This text summarises current scientific methods for the assessment of human physiological fitness. The authors provide a rationale for methods of assessment, examine the.

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Journal of Sports Medicine and Physical Fitness, Volume 46, Issues 3-4 , , 2006, Physical fitness, . .

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