

Physical Activity Epidemiology

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✓ Verified Book of Physical Activity Epidemiology

Summary:

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In one comprehensive resource, Physical Activity Epidemiology presents the historical background and main concepts of epidemiology and discussion and summary of original research. The text explains how and why epidemiology is important as well as how it is used and applied.

This is the first textbook dedicated solely to the epidemiology of physical activity and the only complete reference written for students. It is a practical and informative resource for both students of epidemiology and established professionals.

The authors provide detailed discussion of real-life examples to assist students' understanding of how physical activity epidemiology is used and applied. The book covers all the important areas, including disease mortality, risk factors, chronic diseases, and cancer and immunity.

The organization of Physical Activity Epidemiology into five progressive parts and 16 specific chapters makes it easy for readers to understand how epidemiology is important. These special features further enhance learning:

- A glossary clearly defines the concepts used in epidemiology.
- Main point boxes highlight important concepts throughout the text.
- Numerous studies cover a wide range of topics.

You'll find Physical Activity Epidemiology an easy-to-understand and relevant text. It sheds new light on the public health significance of physical activity and the methods employed to study this behavior in the population.

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