

Introduction to Kinesiology: Studying Physical Activity

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✓ Verified Book of Introduction to Kinesiology: Studying Physical Activity

Summary:

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This text explains the evolving discipline of kinesiology, demonstrating how its many subject areas integrate into a unified body of knowledge. It also introduces students to the available areas of study, job prospects, and professional practice in Kinesiology. This edition also includes an online student study guide, with 139 interactive activities, integrated with the text.

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