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PERCEIVED EXERTION LABORATORY MANUAL FROM STANDARD PRACTICE TO CONTEMPORARY APPLICATION



Springer. Hardcover. Condition New. 284 pages. Thismanualprovides laboratory-based learning experiences in perceptually psychosocially linked exercise assessment, prescription, and programming. The primarypedagogicoutcome is the ability to use applied theory and practice in perceptual and psychosocial exercise assessment and program design to promote the adoption and maintenance of a physically active lifestyle, enhancing overall healthfitness. Perceptual and psychosocial variables are presented in individual, stand-alone laboratory modules that can supplement existing curricula such as exercise and sport psychology, exercise physiology, exercise testing and prescription, and exercise training...

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