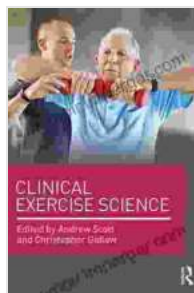


# Clinical Exercise Science: A Comprehensive Guide to Exercise Prescription and Rehabilitation

Clinical exercise science is the application of exercise science principles to the prevention, treatment, and rehabilitation of clinical conditions. It is a rapidly growing field that has been shown to be effective in improving the health and well-being of people with a variety of conditions, including:



## Clinical Exercise Science

★★★★★ 5 out of 5

Language : English

File size : 5852 KB

Print length : 336 pages



- Cardiovascular disease
- Pulmonary disease
- Metabolic syndrome
- Obesity
- Arthritis
- Cancer
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Clinical exercise scientists are healthcare professionals who have received specialized training in the prescription and rehabilitation of exercise. They work with patients to develop individualized exercise programs that are safe and effective for their specific needs.

Clinical Exercise Science is a comprehensive guide to the practice of clinical exercise science. It covers everything from the basics of exercise physiology to the most advanced rehabilitation techniques. This book is an essential resource for anyone who wants to learn more about this growing field.

## **What You'll Learn in Clinical Exercise Science**

In Clinical Exercise Science, you will learn:

- The basics of exercise physiology
- The principles of exercise prescription
- The rehabilitation of common clinical conditions
- The latest research in clinical exercise science

This book is written by a team of experts in the field of clinical exercise science. They have combined their knowledge and experience to create a comprehensive resource that is both informative and practical.

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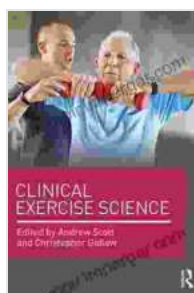
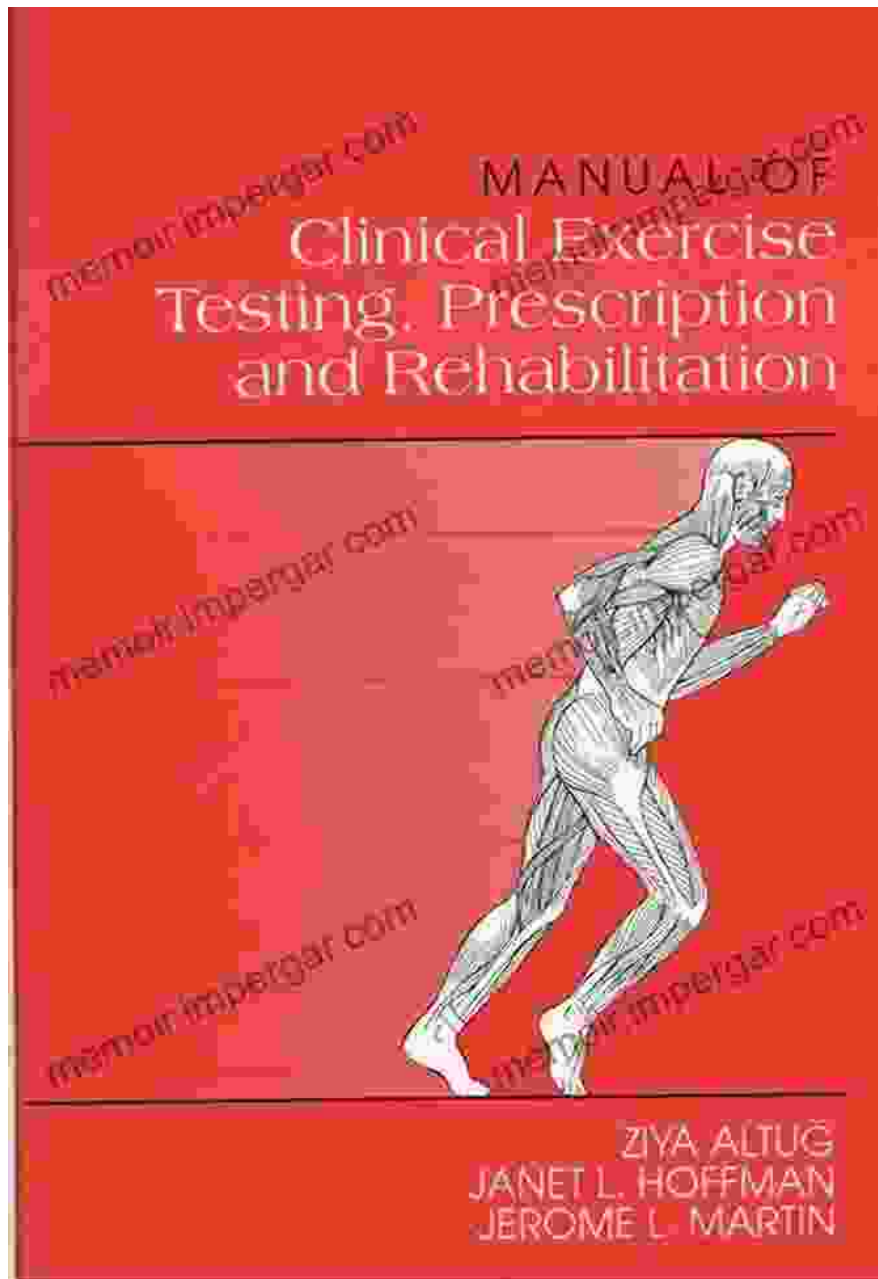
- Healthcare professionals who want to learn more about clinical exercise science

- Patients who are looking for information on how to improve their health and well-being through exercise
- Students who are interested in pursuing a career in clinical exercise science

If you are interested in learning more about clinical exercise science, then Clinical Exercise Science is the book for you.

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