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Exercise Physiology: Nutrition, Energy, and Human Performance (International Edition) Hardcover – 1 Mar. 2014 by William D. McArdle BS M.Ed PhD (Author), Frank I. Katch (Author), Victor L. Katch (Author) 4.6 out of 5 stars 40 ratings See all formats and editions Exercise Physiology: Energy, Nutrition, and Human Performance (Exercise Physiology (MC Ardle)) When I first considered this book, I thought it was a little pricey. Now that I have it on my shelf, I think it would be cheap at twice the price. Every time I have a question on my personal fitness program, I find the answer in McArdle.

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Synopsis. This textbook integrates basic concepts and relevant sci-

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