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EXERCISE PHYSIOLOGY DEFINITION, SCOPE AND IMPORTANCE Exercise physiology is the study of how the body reacts to physical exercise, in both the long and short term, and how the body adapts to ongoing exercise and any changes to a routine. It is a growing area of study in both the medical and fitness fields. Definition Of Exercise Physiology - 08 ...

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Biomechanics - an examination of the causes and consequences of human movement and the interaction of the body with apparatus or equipment through the application of mechanical principles. Physiology - the branch of the biological sciences that is concerned with the way that the body responds to exercise and training.

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