



Women, Sport & Performance

Christine L. Wells

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This is a comprehensive review of scientific literature on the physiology of women in sport. It examines the general physiology of women, how physical activity affects women's physiological functions, and how physiological functions affect women's sport performance. The book is designed to be both a text for courses on the physiology of women in sport and a reference for exercise scientists and sports medicine specialists who work with women engaged in sport.

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