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Introduction to Exercise Physiology

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This video shows Dr. Evan Matthews discussing who should take an exercise physiology course and what where to find quality ...

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Part 1 of 2 - Energy

Systems This video

shows Dr. Evan

Matthews discussing

how the body creates

energy to support an

exercise session. This

video is ...

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***Bioenergetics Part 1
of 2 - Sources of
Energy Overview***

This video shows Dr. Evan Matthews giving a basic overview of bioenergetics and what types of foods have calories. This video ...

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Dr. Richard Bloomer

looks at the difference

between **Exercise**

Physiology and Sports

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Pulmonary Exercise

Physiology Part 1 of

3 - Breathing and

Respiration This video

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shows Dr. Evan Matthews explaining the basics of pulmonary physiology and how we breath. This is part 1 of 3 videos ...

Prof.Darryn Willoughby: Muscle Physiology Darryn S. Willoughby is a Professor of health, human performance and recreation and directs Baylor University's **Exercise**

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Steele, Ph.D. cand.

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utilises an evolutionary

framework to explore

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of optimising health

and ...

Anaerobic Glycolysis

& the Anaerobic

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Glycolysis is one of

three primary energy

systems during

exercise and it

involves the

incomplete metabolism

of glucose ...

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