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Understanding Exercise Physiology *Exercise physiology and peak performance* *Friday Physiology | Recap* *Energy Considerations in Nutrition: BMR, RMR \u0026amp; Physical Activity - Nutrition | Lecturio* **Exercise Physiology Mcardle**

This book by McArdle et al is essential reading for those studying fairly basic to moderately advanced exercise physiology. For those who want something a little easier to read, I would start with "Exercise Physiology" by Sharon Plowman and Denise Smith 3 Ed. (Exercise Physiology for Health, Fitness, and Performance also available on Amazon. For more advanced "stuff", I would also recommend "ACSM's

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