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MUSCULOSKELETAL HEALTH IN WOMEN (HARDBACK)



Springer London Ltd, United Kingdom, 2013. Hardback. Condition: New. 2014 ed.. Language: English . Brand New Book. Recent research indicates that gender differences in anatomy and physiology, endocrinology, hand eye co-ordination and motor development have an effect on the kinds of injuries incurred as a result of sporting activities. Since men and women have different responses to exercise; strength and conditioning programs should be modified for these differences. Musculoskeletal Health in Women was born out of a need to provide...

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