CHAPTER 01: The Biological Basis of Sports Training.

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The file contains a set of exercises designed for individual work and presented in upcoming lessons, covering the following topics:

• Cellular Metabolism

Dr. Chille Killey

- Muscle Energy Systems;
- Physiological Effects of Sports Activity;

Each student is required to prepare a one-page work containing information on the topics above, with the option to add images, documents, and a presentation.