



The Psychological Effects of Aerobic Fitness Training: Research and Theory (Recent Research in Psychology)

David G. McDonald, James A. Hodgdon

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Numerous provocative studies on the psychological effects of aerobic fitness training are available today, and more are appearing almost on a daily basis. This book reviews and evaluates the research, and it asks and attempts to answer significant background questions: What are the various motivating factors that have contributed to the emergence of the national fitness movement? What are the public health considerations concerning the relationship between physical fitness and coronary heart disease? What exactly do we mean by "physical fitness," especially "aerobic" fitness? This book contains essential, in-depth data for everyone interested in the most solid and reliable information on the psychology of aerobic fitness.

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