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exercise physiology for health and sports performance brings together all the essential human anatomy and applied physiology that students of exercise science physical education and sports coaching need to know written in a friendly accessible style and containing a wide range of features to help develop understanding this book provides a complete one stop shop for exercise physiology the book is split into two key parts part one introduces the fundamental principles of nutrition biochemistry cell biology and the energy systems part two builds on this foundation by applying the theory to exercise and sports performance in practice with this innovative approach the text enables you to become confident in your knowledge and understanding of energy generation and training principles for all sports including coverage of exercise in extreme environments and applications of physical activity for health this will be the only exercise physiology textbook you will need

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what would you do if a child in your life rejected their natal gender would you blindly follow the counsel of a culture that advocates for hormone treatment at an early age in order to suppress puberty and facilitate gender transition before you commit to long term use of a powerful expensive and experimental synthetic hormone treatment plan would you be willing to take the time to examine the ethics surrounding a course of action that will permanently affect the life of the child several serious questions are presently being overlooked in the rush to treat gender dysphoric and tgnc children with puberty suppressing hormones such as are puberty suppressing hormones medically necessary is there any evidence to prove that hormone treatment is helpful and not harmful to gender dysphoric children does hormone treatment resolve gender dysphoria do other treatment options exist to address the underlying causes of gender dysphoria are parents medical providers and ministry professionals morally obligated to provide puberty suppressors for patients who self diagnose does scripture offer any

insight into the treatment of gender dysphoric children and finally who really benefits from advocating for the early use of gnrh agonists this book will answer these questions

examining changes in the field this work exphasizes neuroscience orientation humanities themes and examples are used to illuminate complex topics and natural science concepts are taught throughout

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this tried and tested textbook provides a basic introduction to anatomy and physiology and provides a brief section on diseases to show what happens when things go wrong

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