



# UNIVERSIDAD DE CASTILLA - LA MANCHA

## GUÍA DOCENTE

### 1. General information

Course: EXERCISE PHYSIOLOGY I

Type: BASIC

Degree: 314 - DEGREE IN SCIENCES OF THE PHYSICAL ACTIVITY AND OF THE SPORT

Center: 8 - FACULTY OF SPORT SCIENCES

Year: 1

Main language: Spanish

Use of additional languages:

Web site:

Code: 39300

ECTS credits: 9

Academic year: 2022-23

Group(s): 40

Duration: AN

Second language: English

English Friendly: Y

Bilingual: Y

Lecturer: RICARDO MORA RODRIGUEZ - Group(s): 40				
Building/Office	Department	Phone number	Email	Office hours
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Lecturer: FÉLIX ALBERTO MORALES PALOMO - Group(s): 40				
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Lecturer: VICTOR RODRIGUEZ RIELVES - Group(s): 40				
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### 2. Pre-Requisites

Not established

### 3. Justification in the curriculum, relation to other subjects and to the profession

Not established

### 4. Degree competences achieved in this course

#### Course competences

Code	Description
A03	Understand the scientific literature in the field of physical activity and sport in the English language and in other languages of significant presence in the scientific field.
B05	Know and understand the effects of the practice of physical exercise on the structure and function of the human body.
M122	To know and understand the determinant physiological factors of physical activity and sport.
M123	To know and understand the effects of exercise on the structure and function of the human body.
M124	To apply physiological principles to different fields of physical activity and sport.
M125	To know the essential elements of human movement, including muscular factors, neurological control and neuromuscular adaptations to training.
M126	To know how the different energy substrates intervene in the development of movement. Besides, to be familiar with bioenergetics, metabolic pathways, the concept of energy expenditure during exercise, as well as the intervention of hormonal regulation of energy flow during exercise and metabolic adaptations occurring with training.
M127	To use physiological assessment systems to study the variables involved in cardiovascular control and respiratory regulation during exercise, as well as the cardiovascular and respiratory adaptations that occur with training.

### 5. Objectives or Learning Outcomes

#### Course learning outcomes

Description

To identify the different energy substrates for human movement. Besides, to analyze the energy expenditure during exercise and the related endocrine response.

To evaluate the adaptations of the cardiovascular and respiratory systems after an exercise bout or exercise training.

### 6. Units / Contents

Unit 1:

Unit 1.1

Unit 1.2

Unit 1.3

Unit 1.4

**Unit 2:**

- Unit 2.1
- Unit 2.2
- Unit 2.3
- Unit 2.4
- Unit 2.5

**Unit 3:**

- Unit 3.1
- Unit 3.2
- Unit 3.3

**Unit 4:**

**Unit 5:**

**Unit 6:**

**Unit 7:**

**Unit 8:**

**Unit 9:**

**Unit 10:**

**Unit 11:**

**Unit 12:**

**Unit 13:**

**Unit 14:**

**Unit 15:**

**Unit 16:**

**Unit 17:**

**Unit 18:**

- Unit 18.1
- Unit 18.2
- Unit 18.3
- Unit 18.4

**Unit 19:**

- Unit 19.1
- Unit 19.2
- Unit 19.3
- Unit 19.4
- Unit 19.5

**Unit 20:**

- Unit 20.1
- Unit 20.2
- Unit 20.3

**Unit 21:**

- Unit 21.1

**Unit 22:**

- Unit 22.1
- Unit 22.2

**Unit 23:**

- Unit 23.1
- Unit 23.2

**Unit 24:**

- Unit 24.1
- Unit 24.2
- Unit 24.3
- Unit 24.4
- Unit 24.5
- Unit 24.6

**Unit 25:**

**Unit 26:**

**Unit 27:**

**Unit 28:**

**Unit 29:**

**Unit 30:**

**Unit 31:**

**Unit 32:**

**Unit 33:**

**Unit 34:**

**Unit 35:**

**Unit 36:**

**Unit 37:**

**Unit 38:**

**Unit 39:**

**Unit 40:**

**Unit 41:**

**Unit 42:**

## Unit 43:

## Unit 45:

7. Activities, Units/Modules and Methodology							
Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Laboratory practice or sessions [ON-SITE]	Project/Problem Based Learning (PBL)	A03 B05 M122 M123 M124 M125 M126 M127	1.52	38	Y	Y	
Class Attendance (theory) [ON-SITE]	Lectures	A03 B05 M122 M123 M124 M125 M126 M127	1.84	46	Y	Y	
Practicum and practical activities report writing or preparation [OFF-SITE]	Problem solving and exercises	A03 B05 M122 M123 M124 M125 M126 M127	4	100	N	-	
Analysis of articles and reviews [OFF-SITE]	Reading and Analysis of Reviews and Articles	A03 B05 M122 M123 M124 M125 M126 M127	1.4	35	N	-	
Progress test [ON-SITE]	Assessment tests		0.24	6	Y	N	
<b>Total:</b>			<b>9</b>	<b>225</b>			
<b>Total credits of in-class work: 3.6</b>				<b>Total class time hours: 90</b>			
<b>Total credits of out of class work: 5.4</b>				<b>Total hours of out of class work: 135</b>			

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System			
Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Progress Tests	50.00%	70.00%	
Assessment of problem solving and/or case studies	30.00%	30.00%	
Assessment of active participation	20.00%	0.00%	
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

9. Assignments, course calendar and important dates	
Not related to the syllabus/contents	
Hours	hours
<b>Unit 1 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 30-01-2023	<b>End date:</b> 02-03-2023
<b>Unit 2 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 06-03-2023	<b>End date:</b> 13-04-2023
<b>Unit 3 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 17-04-2023	<b>End date:</b> 11-05-2023
<b>Unit 4 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 30-01-2023	<b>End date:</b> 02-02-2023
<b>Unit 5 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 06-02-2023	<b>End date:</b> 09-02-2023

<b>Unit 6 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 13-02-2023	<b>End date:</b> 16-02-2023
<b>Unit 7 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.32
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.4
Group 40:	
<b>Initial date:</b> 20-02-2023	<b>End date:</b> 23-02-2023
<b>Unit 8 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 27-02-2023	<b>End date:</b> 02-03-2023
<b>Unit 9 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 06-03-2023	<b>End date:</b> 09-03-2023
<b>Unit 10 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 13-03-2023	<b>End date:</b> 16-03-2023
<b>Unit 11 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 20-03-2023	<b>End date:</b> 23-03-2023
<b>Unit 12 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 27-03-2023	<b>End date:</b> 30-03-2023
<b>Unit 13 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 10-04-2023	<b>End date:</b> 13-04-2023
<b>Unit 14 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 17-04-2023	<b>End date:</b> 20-04-2023
<b>Unit 15 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 24-04-2023	<b>End date:</b> 27-04-2023
<b>Unit 16 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 01-05-2023	<b>End date:</b> 04-05-2023
<b>Unit 17 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45

Group 40:	
<b>Initial date:</b> 08-05-2023	<b>End date:</b> 11-05-2023
<b>Unit 18 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 15-09-2022	<b>End date:</b> 23-09-2022
<b>Unit 19 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 29-09-2022	<b>End date:</b> 07-10-2022
<b>Unit 20 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 13-10-2022	<b>End date:</b> 21-10-2022
<b>Unit 21 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 27-10-2022	<b>End date:</b> 04-11-2022
<b>Unit 22 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 10-11-2022	<b>End date:</b> 18-11-2022
<b>Unit 23 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 23-11-2022	<b>End date:</b> 02-12-2022
<b>Unit 24 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	4.6
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	3.5
Group 40:	
<b>Initial date:</b> 08-12-2022	<b>End date:</b> 15-12-2022
<b>Unit 25 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 12-09-2022	<b>End date:</b> 13-09-2022
<b>Unit 26 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 19-09-2022	<b>End date:</b> 20-09-2022
<b>Unit 27 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 26-09-2022	<b>End date:</b> 27-09-2022
<b>Unit 28 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 03-10-2022	<b>End date:</b> 04-10-2022
<b>Unit 29 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>

Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 10-10-2022	<b>End date:</b> 11-10-2022
<b>Unit 30 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 17-10-2022	<b>End date:</b> 18-10-2022
<b>Unit 31 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 24-10-2022	<b>End date:</b> 25-10-2022
<b>Unit 32 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 31-10-2022	<b>End date:</b> 01-11-2022
<b>Unit 33 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 07-11-2022	<b>End date:</b> 08-11-2022
<b>Unit 34 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 14-11-2022	<b>End date:</b> 15-11-2022
<b>Unit 35 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 21-11-2022	<b>End date:</b> 22-11-2022
<b>Unit 36 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 28-11-2022	<b>End date:</b> 29-11-2022
<b>Unit 37 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 05-12-2022	<b>End date:</b> 06-12-2022
<b>Unit 38 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 12-12-2022	<b>End date:</b> 13-12-2022
<b>Unit 39 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	1.31
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	3.45
Group 40:	
<b>Initial date:</b> 19-12-2022	<b>End date:</b> 20-12-2022
<b>Unit 40 (de 45):</b>	
<b>Activities</b>	<b>Hours</b>
Progress test [PRESENCIAL][Assessment tests]	1
Group 40:	
<b>Initial date:</b> 21-10-2022	<b>End date:</b> 21-10-2022
<b>Unit 41 (de 45):</b>	

Activities	Hours
Progress test [PRESENCIAL][Assessment tests]	1
Group 40:	
<b>Initial date:</b> 18-11-2022	<b>End date:</b> 18-11-2022
<b>Unit 42 (de 45):</b>	
Activities	Hours
Progress test [PRESENCIAL][Assessment tests]	1
Group 40:	
<b>Initial date:</b> 16-12-2022	<b>End date:</b> 16-12-2022
<b>Unit 43 (de 45):</b>	
Activities	Hours
Progress test [PRESENCIAL][Assessment tests]	1
Group 40:	
<b>Initial date:</b> 02-03-2023	<b>End date:</b> 02-03-2023
<b>Unit 44 (de 45):</b>	
Activities	Hours
Progress test [PRESENCIAL][Assessment tests]	1
Group 40:	
<b>Initial date:</b> 13-04-2023	<b>End date:</b> 13-04-2023
<b>Unit 45 (de 45):</b>	
Activities	Hours
Progress test [PRESENCIAL][Assessment tests]	1
Group 40:	
<b>Initial date:</b> 11-05-2023	<b>End date:</b> 11-05-2023
<b>Global activity</b>	
Activities	hours
Progress test [PRESENCIAL][Assessment tests]	6
Laboratory practice or sessions [PRESENCIAL][Project/Problem Based Learning (PBL)]	38
Class Attendance (theory) [PRESENCIAL][Lectures]	46
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	100
Analysis of articles and reviews [AUTÓNOMA][Reading and Analysis of Reviews and Articles]	35
<b>Total horas: 225</b>	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	City	ISBN	Year	Description
Jack Wilmore y David Costill	Fisiología del Esfuerzo y del Deporte <a href="http://www.paidotribo.com/">http://www.paidotribo.com/</a>	Paidotribo	Barcelona	978-84-8019-916-2	2010	
Kapit, Macey y Meisami	The Physiology Coloring Book	Harper y Row		0-06-043479-1		
Mulroney y Myers	Fundamentos de Fisiología	Elsevier-Masson		978-84-458-0200-7	2001	
Ricardo Mora Rodríguez	Fisiología del deporte y del ejercicio; practicas de campo y de laboratorio <a href="http://www.medicapanamericana.com/Libros/Libro/3768/Fisiologia-del-deporte-y-el-ejercicio.html">http://www.medicapanamericana.com/Libros/Libro/3768/Fisiologia-del-deporte-y-el-ejercicio.html</a>	Medica Panamericana	Madrid	9788498352702	2010	