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Exercise Science

Updated: September 10, 2021.

Definition

The scientific study of human movement performed to maintain or improve physical fitness.

Discussion

Exercise science includes such subjects as biomechanics, exercise physiology, exercise psychology, cardiac rehabilitation, athletic training, and fitness for special population groups.

Scope and emphasis

The NLM emphasis is on scholarly works written for the exercise science or other health professional. Scientific studies of yoga, tai chi, and other movement-based systems and practices for health and fitness are of interest. The Library does not collect material on physical education or instructional works for personal fitness.