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the knowledge of anatomy and physiology is essential to understand physical education and sports from scientific point of view the performance of an athlete can be improved by understanding the effect of exercises on various body parts of athlete anatomy and physiology are inter related anatomy provides knowledge of structure of various organs and physiology provides knowledge about their functioning the study of anatomy and physiology helps in preventing sports injuries and its rehabilitation the book is written in a very simple language with illustrations to help the students to understand the aspects of anatomy and physiology the book contains four units namely introduction to anatomy and physiology system of human anatomy system of human physiology and effect of exercise training

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