

# RÉFÉRENCES

## CHAPITRE 1 : STRUCTURE ET FONCTION DES SYSTÈMES CORPORELS

DOCTEUR N. TRAVIS TRIPLETT

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### CHAPITRE 3 : BIDÉNERGÉTIQUE DE L'EXERCICE ET DE L'ENTRAÎNEMENT

DOCTEURS TRENT J. HERDA ET JOËL T. CRAMER

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#### CHAPITRE 4 : RÉPONSES ENDOCRINIENNES À L'ENTRAÎNEMENT EN RÉSISTANCE

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CHAPITRE 5 : ADAPTATIONS AUX PROGRAMMES D'ENTRAÎNEMENT ANAÉROBIE

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## CHAPITRE 6 : ADAPTATIONS AUX PROGRAMMES D'ENTRAÎNEMENT EN ENDURANCE AÉROBIE

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## CHAPITRE 7 : DIFFÉRENCES LIÉES À L'ÂGE ET AU SEXE ET LEURS IMPLICATIONS POUR LA MUSCULATION

DOCTEURS RHODRI S. LLOYD ET AVERY D. FAIGENBAUM

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## CHAPITRE 10 : STRATÉGIES NUTRITIONNELLES POUR MAXIMISER LES PERFORMANCES

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## CHAPITRE 11 : SUBSTANCES ET MÉTHODES AMÉLIORANT LES PERFORMANCES

### DOCTEUR BILL CAMPBELL

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## CHAPITRE 14 : ÉCHAUFFEMENT ET ENTRAÎNEMENT À LA SOUPLESSE

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SCOTT CAULFIELD ET DOUGLAS BERNINGER, MÉDECIN

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## CHAPITRE 20 : CONCEPTION DE PROGRAMMES ET TECHNIQUES D'ENTRAÎNEMENT DE L'ENDURANCE AÉROBIE

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