Statistics for Exercise Science and Health with Microsoft Office Excel

Description: Delivers the statistical skill set for a solid foundation for research work and data analysis in exercise science and health

Featuring an introduction to the basic concepts of statistics, Statistics for Exercise Science and Health with Microsoft® Office Excel® serves as an excellent guide to the use of Excel in exercise science and health–related research. The author begins with simplified concepts and subsequently builds into a more complex approach. This structure allows readers from disciplines outside of statistics to follow the chapters in a logical order, while facilitating an in-depth understanding of the intricacies of the various concepts discussed.

The book’s approach aides readers in the analysis of their own data by combining the presented statistical techniques with the use of Excel. Coverage includes a comprehensive treatment of hypothesis testing, regression models, and binomial and Poisson distributions as well as:

- Chapter–by–chapter Excel tutorials to enhance reader competency in data analysis and experimental designs
- Multiple examples, practice exercises, case studies, and illustrations to demonstrate the presented concepts and analytical techniques
- Key definitions and formulas throughout for easy reference within the text
- Select solutions at the end of the chapters to reinforce reader understanding

Statistics for Exercise Science and Health with Microsoft® Office Excel® is an ideal textbook for graduate and PhD–level courses in exercise, sport, and health sciences including sports psychology, sports kinesiology, sports management, sports biomechanics, health education, and nutrition. The book is also recommended as a reference for professionals and scientists in physical education, sports, and allied disciplines.

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