

บรรณานุกรม

ชูศักดิ์ เวชแพศย์และกัลยา ปาละวิวัฒน์. **สรีรวิทยาของการออกกำลังกาย**. พิมพ์ครั้งที่ 4 : กรุงเทพฯ. หน้า 223, 2536.

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