



Vocal Exercise Physiology:

Keith G. Saxon

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This text focuses on the components of physiology, exercise, and fitness training and how they may be used with professional singers or in voice rehabilitation. The authors cover the scientific components of training, the physiological changes that occur, and additional aids that enhance performance. Each chapter relates training physiology to the vocal training that professional singers receive. By understanding the physiological bases of the training process, vocal coaches and speech-language pathologists can enhance the outcome of their intervention methods.

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