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Metabolism addresses this problem by placing the primary emphasis on sport, and describing the relevant biochemistry within this context. The book opens with some basic information on the subject, including an overview of energy metabolism, some key aspects of skeletal muscle structure and function, and some simple biochemical concepts.

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During prolonged exercise, the amino acids alanine and glutamine are converted to glucose in the liver, and the glucose is then oxidized by muscle. In addition, the muscle also has a limited capacity to oxidize the amino acid leucine. In

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total, amino acids usually accounts for 5% of the energy needed by muscle.

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and physical activity,
including the energy

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