

# FATIGUE IN SPORT AND EXERCISE%0A

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Definition of Fatigue in Sport Fatigue is an overwhelming sustained feeling of exhaustion and decreased capacity to complete physical and mental work. It is multidimensional with emotional, behavioral, and cognitive components.

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Fatigue is an important concern for all athletes, sportspeople and coaches, and in clinical exercise science. There remains considerable debate about the definition of fatigue, what causes it, what its impact is during different forms of exercise, and what the best methods are to combat fatigue and improve performance.

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### **Fatigue in Sport and Exercise ncbi.nlm.nih.gov**

Fatigue in sport has become a topic of interest among athletes, coaches and sport scientists because it affects athletic performance across a wide range of sports. Shaun Phillips is a sport physiology professor at the University of Edinburgh and has studied how peripheral and central mechanisms may

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