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Physiology of Sport and Exercise 6th Edition With Web Study Guide

W. Larry Kenney, Jack Wilmore, David Costill
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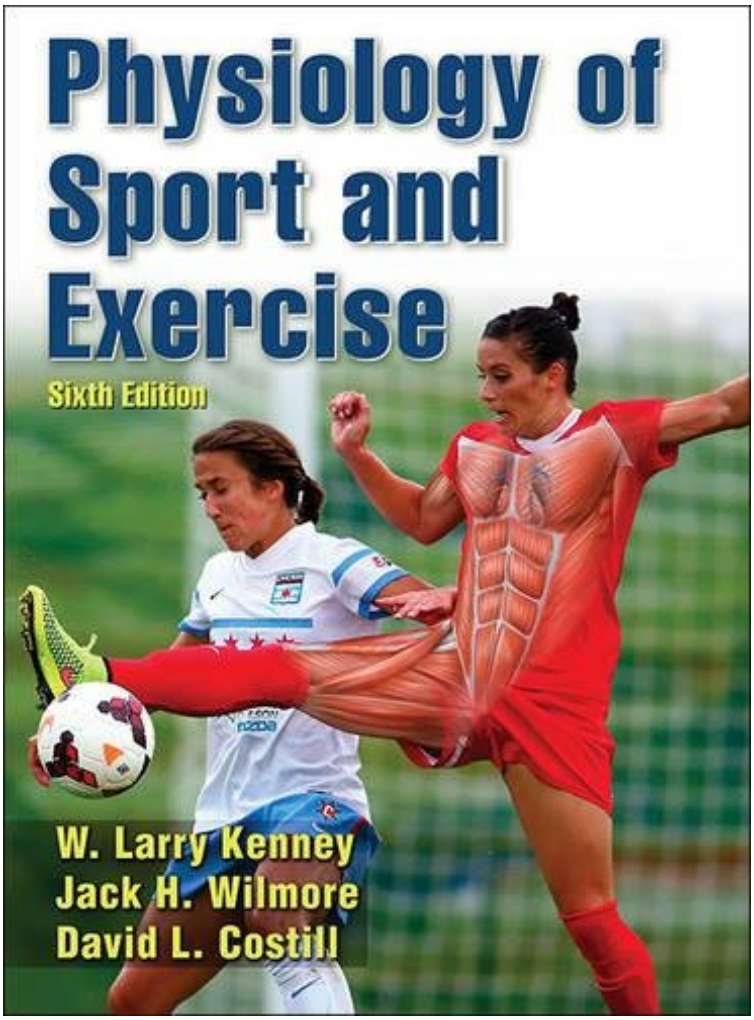

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Physiology of Sport and Exercise, Sixth Edition With Web Study Guide, frames research findings in physiology in a reader-friendly format, making this textbook a favorite of instructors and students alike. This resource offers a simple way for students to develop an understanding of the bodys abilities to perform various types and intensities of exercise and sport, to adapt to stressful situations, and to improve its physiological capacities. Written by a team of distinguished researchers, all past presidents of the American College of Sports Medicine, this updated sixth edition has been enhanced with new elements to facilitate learning comprehension. The redesigned photos, illustrations, and medical artwork of the fifth edition that clarified difficult concepts and illustrated how the body performs are now complemented by new digital components. Seven animations have been added, bringing the total to 25 and providing a dynamic way to experience course material. The 60 audio clips provide explanations of complex physiological processes to aid students understanding of important illustrations in the text, and approximately 20 video clips from leaders in the field discuss recent developments and real-world applications to help students connect theoretical and practical concepts. Corresponding icons throughout the text notify students when digital elements are available to complement the materials. In addition to the improved digital components, Physiology of Sport and Exercise, Sixth Edition, features new and updated content based on the latest research in the field: Updated information on high-intensity interval training (HIIT), interactions between resistance training and diet, and the relationship between protein intake and muscle synthesis A reorganized chapter on ergogenic aids and a clearer organization of prohibited versus legal substances Extensively revised chapters on physical activity and disease, including updated treatment guidelines and understandings of metabolism and disease processes New information on the health effects of prolonged sitting as well as osteoporosis, bone health, and effects of exercise during menopause A series of 76 Research Perspectives emphasizing new and emerging findings in the field Ease of reading has been the cornerstone of this popular text. The sixth edition of Physiology of Sport and Exercise continues to offer comprehensive coverage of the complex relationship between human physiology and exercise while maintaining an engaging and student-friendly tone. Unique learning features allow students to build their knowledge as they discover the depth and breadth of this fascinating field of study. The books accessible layout, including chapter-opening outlines and review boxes throughout each chapter, will help students focus on the major concepts addressed. Study questions and a list of key terms at the end of the chapter increase students opportunities for recall and self-testing. A comprehensive glossary and lists of common abbreviations and conversions provide easy reference for students as they complete labs and assignments. To expand the material and provide an enriched learning experience, both students and instructors can take advantage of the web-based ancillaries that accompany the text. In addition to new animations, videos, and audio clips, the web study guide includes comprehension quizzes to provide immediate feedback to students on their knowledge retention as well as end-of-unit mastery checks that students can use for evaluating their progress. Instructors are provided with access to an instructor guide, test package, ready-to-use chapter quizzes, and a presentation package plus image bank. The presentation package includes PowerPoint slides with key points and content, which can be modified to suit a variety of class structures. An image bank features all of the graphics, artwork, and content photos from the text for easy insertion into tests, quizzes, handouts, and other course materials. Digital extrascomposed of the animations, videos, and audio clips that students find in the web study guidebolster comprehension of challenging concepts. Physiology of Sport and Exercise has been a cornerstone textbook of the engaging field of exercise physiology. Through dynamic and interactive learning activities, easy-to-follow layouts, and research-oriented content, students and instructors will find this an invaluable resource for their continued education.

About the Author W. Larry Kenney, PhD, is the Marie Underhill Noll Chair in Human Performance and a professor of physiology and kinesiology at Pennsylvania State University at University Park. He received his PhD in physiology from Penn State in 1983. Working at Noll Laboratory, Kenney is researching the effects of aging and disease states such as hypertension on the control of blood flow to human skin and has been continuously funded by NIH since 1983. He also studies the effects of heat, cold, and dehydration on various aspects of health, exercise, and athletic performance as well as the biophysics of heat exchange between humans and the environment. He is the author of more than 200 papers, books, book chapters, and other publications. Kenney was president of the American College of Sports Medicine from 2003 to 2004. He is a fellow of the American College of Sports Medicine and is active in the American Physiological Society. For his service to the university and his field, Kenney was awarded Penn State Universitys Faculty Scholar Medal, the Evan G. and Helen G. Pattishall Distinguished Research Career Award, and the Pauline Schmitt Russell Distinguished Research Career Award. He was awarded the American College of Sports Medicines New Investigator Award in 1987 and the Citation Award in 2008. Kenney has been a member of the editorial and advisory boards for several journals, including Medicine and Science in Sports and Exercise, Current Sports Medicine Reports (inaugural board member), Exercise and Sport Sciences s, Journal of Applied Physiology,

Human Performance, Fitness Management, and ACSMs Health Fitness Journal (inaugural board member). He is also an active grant reviewer for the National Institutes of Health and many other organizations. He and his wife, Patti, have three children, all of whom are or were Division 1 college athletes. Jack H. Wilmore, PhD, retired in 2003 from Texas AM University as a distinguished professor in the department of health and kinesiology. From 1985 to 1997, Wilmore was chair of the department of kinesiology and health education and the Margie Gurley Seay endowed centennial professor at the University of Texas at Austin. Before that, he served on the faculties at the University of Arizona, the University of California, and Ithaca College. Wilmore earned his PhD in physical education from the University of Oregon in 1966. Wilmore published 53 chapters, more than 320 peer-reviewed research papers, and 15 books on exercise physiology. He was one of five principal investigators for the Heritage Family Study, a large multicenter clinical trial investigating the possible genetic basis for the variability in the responses of physiological measures and risk factors for cardiovascular disease and type 2 diabetes to endurance exercise training. Wilmores research interests included determining the role of exercise in the prevention and control of both obesity and coronary heart disease, determining the mechanisms accounting for alterations in physiological function with training and detraining, and factors limiting the performance of elite athletes. A former president of the American College of Sports Medicine, Wilmore received the American College of Sports Medicines Honor Award in 2006. In addition to serving as chair for many ACSM organizational committees, Wilmore was on the United States Olympic Committees Sports Medicine Council and chaired their Research Committee. He was a member of the American Physiological Society and a fellow and former president of the American Academy of Kinesiology and Physical Education. Wilmore consulted for several professional sport teams, the California Highway Patrol, the Presidents Council on Physical Fitness and Sport, NASA, and the U.S. Air Force. He has also served on editorial boards of several journals. Wilmore passed away during the preparation of this sixth edition. David L. Costill, PhD, is the emeritus John and Janice Fisher chair in exercise science at Ball State University in Muncie, Indiana. He established the Ball State University Human Performance Laboratory in 1966 and served as its director for more than 32 years. Costill has written and coauthored more than 430 publications over the course of his career, including six books and articles in both peer-reviewed and lay publications. He was the original editor in chief of the International Journal of Sports Medicine for 12 years. Between 1971 and 1998, he averaged 25 U.S. and international lecture trips each year. He was president of the ACSM from 1976 to 1977, a member of its board of trustees for 12 years, and a recipient of ACSM Citation and Honor Awards. He has received numerous other honors, including the Outstanding Professional Achievement Award from Ohio State University, the Presidents Award at Ball State University, and the Distinguished Alumni Award from Cuyahoga Falls Public Schools. Many of his former students are now leaders in the fields of exercise physiology, medicine, and science. Costill received his PhD in physical education and physiology from Ohio State University in 1965. He and his wife of 55 years, Judy, have two daughters. Now retired, Dr. Costill is a private pilot, auto and experimental airplane builder, competitive masters swimmer, and former marathon runner.