Physiology of Sport and Exercise, Fourth Edition

Dr. Jack H. Wilmore, Dr. David Costill, W. Larry Kenney
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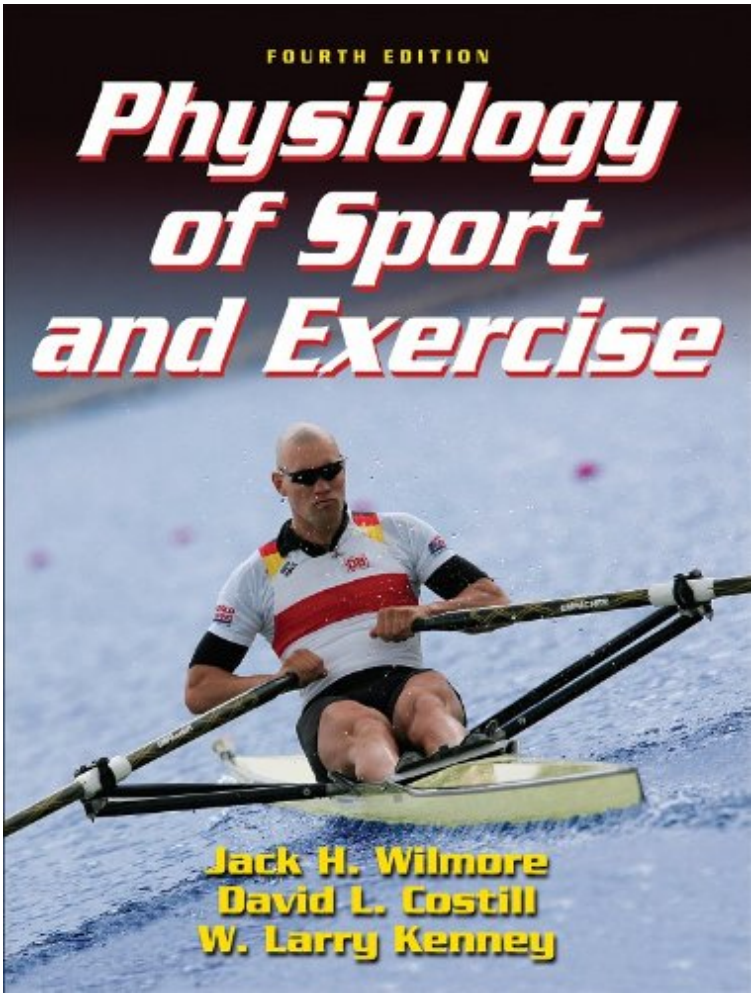

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Dr. Jack H. Wilmore, Dr. David Costill, W. Larry Kenney : Physiology of Sport and Exercise, Fourth Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Physiology of Sport and Exercise, Fourth Edition:

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everyone interested in learning what science has found about exercise.This book is the opposite of all those endless magazine and internet exercise tips. The authors have themselves tested and compiled the best experimentally tested findings on the causes and mechanics of exercise and the human body. Why does muscle get stronger? Can you get faster? How? Why?Book is long and can be a bit technical. It is a textbook on exercise. It is not the end of the topic. But if you want to look at and learn about sports from the perspective of tested results, written by maybe the best teachers and minds in the field: get this book. Maximum recommend.

The leading textbook for undergraduate exercise physiology courses, Physiology of Sport and Exercise, is back in an updated fourth edition that is better than ever after extensive external reviews of the previous edition by nine content experts. Renowned authors Jack Wilmore and David Costill add the expertise of W. Larry Kenney to bring a fresh perspective to the organization and content of the fourth edition.Building on the positive feedback of previous editions, Physiology of Sport and Exercise, Fourth Edition, presents the complex relationship between human physiology and exercise in a format that is more comprehensive for students than other comparable texts. Ease of reading and understanding is the cornerstone for this popular text, and students will experience a depth and breadth of content balanced with unique and effective learning features: -Online learning. The text is automatically packaged with an access code for the online student guide. With the inclusion of the access code in the text, students will be reminded to access the Web site more readily. The convenient Web site format of the student guide allows students to practice, review, and develop knowledge and skills about the physiology of sport and exercise.-Accessible layout. The book is divided into seven parts, each with opening text that briefly describes the contents of the chapters in that part. Chapter outlines with page numbers help students locate material, including the related online study guide activities. -Keys to comprehension. In each chapter, key points and key terms are highlighted. The key terms are listed at the end of the chapter and defined in the glossary, thus increasing students' opportunities for recall, transfer of information, and self-testing.-Review and reflection. Review boxesscattered throughout each chapter remind students of the major points presented. Study questions allow students to test their knowledge of the chapter's contents. Reminders of available study guide activities encourage students to explore additional learning opportunities.-Reference and extended study. A comprehensive glossary and a thorough index help students navigate both the text and subject matter. Plus, a listing of references and selected readings provide additional information about topics of special interest. -Abbreviations and conversions. A list of common abbreviations on the inside front cover and a list of conversions on the inside back cover of the text provide a quick and easy reference for students while they complete labs and assignments.In an effort to reduce backpack bulge, the fourth edition has been carefully streamlined to offset the addition of new chapters or pages. Updated research, modernized artwork, and a reorganization of material provide a focused and effective presentation of concepts within a slightly smallerand lightertextbook. Chapters regarding nutrition and body composition are now combined to reduce information overlap, and references and selected readings from each chapter are grouped at the end of the text. The authors, all distinguished researchers and past presidents of the American College of Sports Medicine, combine their expertise to deliver a level of technical content superior to that in previous editions with the inclusion of new and updated topics:-New information regarding exercise training principles and the adaptations in muscle, hormonal control, neural control, metabolism, and cardiorespiratory function with both resistance training and aerobic and anaerobic training-A more in-depth presentation of the body's adaptations in hot and cold environments and at altitude-Updated content on how general principles of exercise and sport physiology are specifically applied to children and adolescents, older individuals, and women-The latest research in exercise prescription for health and fitness, including the unique role of physical activity for rehabilitation and the prevention and control of cardiovascular disease, obesity, and diabetesTo facilitate a more integrated learning experience, both students and instructors can take advantage of the online ancillaries included in the fourth edition of Physiology of Sport and Exercise. The free online student study guide offers an improved interface and new learning activities that complement each chapter in the book. Additionally, helpful study guide reminders and the inclusion of an access code within the book prompt students to access the online guide to practice, review, and develop their understanding of chapter concepts. Students can also use the guide's dynamic and interactive learning activities to conduct experiments outside the lab. Key concepts are reinforced as students conduct self-made experiments and record their own physiological responses to exercise. In addition, the study guide offers access links to scientific and professional journals as well as organization and career information.Physiology of Sport and Exercise, Fourth Edition, stands alone as the best, most comprehensive resource framing the latest research findings in a reader-friendly format. This winning combination makes it easierand more engagingthan ever for students to develop their understanding of the body's marvelous abilities to perform various types and intensities of exercise and sport, to adapt to stressful situations, and to improve its physiological capacities. Includes an online student study guide!To assist students using the text, Physiology of Sport and Exercise, Fourth Edition, has a companion online student study guide. Completely integrated with the text, the study guide allows students to experience content through multiple dimensions. Students will receive free access to the study guide with the purchase of a new text, or it may be purchased as a separate component. The site offers self-rating checklists that allow students to target concepts they need extra help with and unique My Notes

study aids that are customizable and can be saved to a student's computer. Activity feedback presents specific text page references to review for incorrect responses. Additional resources in the online study guide include glossary terms that are emphasized on their first appearance and include a pop-up definition, quizzes that test students' knowledge of the material, and links to professional journals as well as organization and career information to extend students' knowledge beyond the school environment.

...This textbook will continue to be a helpful resource for undergraduates, and instructors will welcome appearance of the new edition. Applied Physiology, Nutrition, and Metabolism "This is a good tool for new students in exercise physiology. While not the definitive book, it is good for undergraduates because of its ease of use and the inclusion of a study guide. Because of the enhanced sections on thermoregulation and aging, as well as disease and exercise, this new edition is justified." Doody's Book About the AuthorJack H. Wilmore, PhD, is the Margie Gurley Seay Centennial professor emeritus of the department of kinesiology and health education at the University of Texas at Austin. He retired in 2003 from Texas AM University as a distinguished professor in the department of health and kinesiology. From 1985 to 1997, Wilmore was the chair of the department of kinesiology and health education at the University of Texas at Austin. During that time he was also a Margie Gurley Seay Endowed Centennial professor. Prior to 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 has published 53 chapters, more than 320 peer-reviewed research papers, and 15 books on exercise physiology. He is 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. Wilmore's research interests include determining the role of exercise in the prevention and control of both obesity and coronary heart disease. He is also interested in 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 was the recipient of the American College of Sports Medicine's Honor Award in 2006. In addition to serving as chair for many ACSM organizational committees, Wilmore served on the United States Olympic Committee's Sports Medicine Council and chaired their Research Committee. He is currently a member of the American Physiological Society and a fellow and former president of the American Academy of Kinesiology and Physical Education. Wilmore has served as a consultant for several professional sports teams, the California Highway Patrol, the President's Council on Physical Fitness and Sport, NASA, and the U.S. Air Force. He has served on editorial boards for journals such as Medicine and Science in Sports and Exercise, International Journal of Obesity, Sports Medicine, Journal of Pediatric Exercise Science, Journal of Sports Nutrition, Physician and Sportsmedicine, and Clinical Exercise Physiology. In his free time Wilmore enjoys Bible study, running, walking, and playing with his grandchildren. He and his wife, Dottie, have three daughters (Wendy, Kristi, and Melissa) and six grandchildren. 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 over 32 years. Costill has written and coauthored more than 400 publications over the course of his career, including books, peer-reviewed articles, and lay publications. He served as the 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. Many of his former students are now leaders in the field of exercise physiology. Costill received his PhD in physical education and physiology from Ohio State University in 1965. He and his wife, Judy, have two daughters, Jill and Holly. In his leisure time, Costill is a private pilot, experimental airplane builder, competitive masters swimmer, and runner. W. Larry Kenney, PhD, is a professor of physiology and kinesiology at Pennsylvania State University in University Park, Pennsylvania. Working at Penn State's Noll Laboratory, Kenney is currently researching the effects of aging and elevated cholesterol on the control of blood flow in human skin. He is also studying the effects of heat and dehydration on the skill performance of athletes and the effects of heat and cold on health and well-being as well as exercise and sport performance. Kenney served as president of the American College of Sports Medicine from 2003 to 2004 and is currently the chair of the Gatorade Sports Science Institute in Barrington, Illinois. He is a fellow of the American College of Sports Medicine and a fellow of the American Academy of Kinesiology and Physical Education. As a member of the American Physiological Society, Kenney received the organization's Citation for Distinguished Service in 2005. For his service to the university and his field, Kenney has been awarded Penn State University's Faculty Scholar Medal, the Evan G. and Helen G. Pattishall Distinguished Research Career Award, and the Pauline Schmitt Russell Distinguished Research Career Award. Kenney is 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), and Exercise and Sport Sciences s. He has also served on the editorial and advisory boards of the Journal of Applied Physiology, Human Performance, Fitness Management, and ACSM's Health Fitness Journal (inaugural board member). Kenney received his PhD in physiology from Penn State University in 1983. He and his

wife, Patti, have three children: Matt, Alex, and Lauren. In his free time he enjoys golfing, running, and coaching youth baseball. Jerry R. Thomas, EdD, is professor and chair of the department of health and human performance at Iowa State University. Besides writing the previous editions of this book, Thomas has authored more than 200 publications, 87 of which are data-based refereed publications, with numerous contributions in research methods. Awarded the C.H. McCloy Lecturer in 1999, based on his career research production, Thomas has served as editor in chief for Research Quarterly for Exercise and Sport and as a reviewer for most major research journals in kinesiology and numerous journals in psychology. He has also served as president of the American Academy of Kinesiology and Physical Education, of the AAHPERD Research Consortium, and of the North American Society for Psychology of Sport and Physical Activity. He was named an AAHPERD Alliance Scholar in 1990 and NASPSPA Distinguished Scholar in 2003, based on lifetime achievement in research. Jack K. Nelson, EdD, is professor emeritus in the department of kinesiology at Louisiana State University. Nelson conducted and published research and taught research methods for 35 years. He has advised more than 50 doctoral dissertations and more than 50 masters' theses focused on the research process. In addition, he has more than 80 publications and has served as editor of research publications. A fellow in the Research Consortium, he has been a member of AAHPERD, the American Educational Research Association, and the American College of Sports Medicine. He has also served as president of the Association for Research, Administration, Professional Councils and Societies (now AAALF) and as vice president of AAHPERD. Stephen Silverman, EdD, has taught and written about research methods for over 20 years. He is a professor of education at Teachers College, Columbia University, and he has conducted research on teaching in physical education focusing on how children learn motor skill and develop attitudes. He has published more than 50 research articles in addition to many books and book chapters. Silverman is a fellow of both the American Academy of Kinesiology and Physical Education and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Research Consortium. A former coeditor of the Journal of Teaching in Physical Education and current editor in chief of the Research Quarterly for Exercise and Sport, Silverman was the American Educational Research Association Physical Education Scholar Lecturer and a Research Consortium Scholar Lecturer and Weiss Lecturer for AAHPERD.