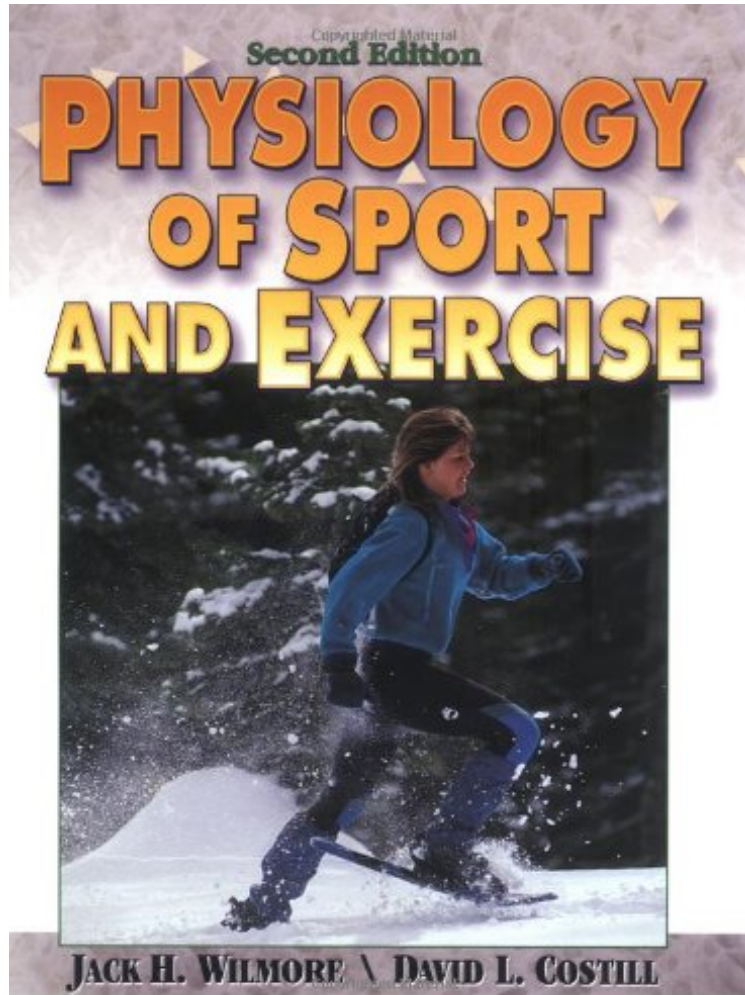


Physiology of Sport and Exercise

Jack H. Wilmore, David L. Costill

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the cost. Only criticism... there is a slightly schizophrenic approach to units of measure, reflecting the US imperial measurements, Keep a calculator handy to convert to SI units (eg Kgs, Kms, etc)27 of 33 people found the following review helpful. Great Exercise BookBy dvd72@aol.comA good physiology exercise book is so important to understanding the body and how all of the different systems work together. This book does a great job of explaining concepts by colorful graphics and pictures. If your an avid athlete like myself you will enjoy this book. I was always chasing the new fads in exercise or trying the latest diet to trim down, they never worked. You must first understand some of the complexities of the human body. Likewise, if you want to tweak your car's engine you must first understand some of the most basic principles of a car engine before adding expensive and useless gadgets.

This second edition is aimed at undergraduate courses in exercise physiology, and also acts as a reference for specialists. It presents information in colour-coded chapters, outlines, key terms and points, summary boxes and study questions. There are active learning exercises. Updated information includes : structure and compartmentalization of myofibrils and the sliding filament theory; neuromuscular factors and individual muscle fibre hypertrophy with resistance training; ergogenic aids including L-tryptophan, branched-chain amino acids, creatine, chromium and glycerol; and results from longitudinal studies of older athletes.