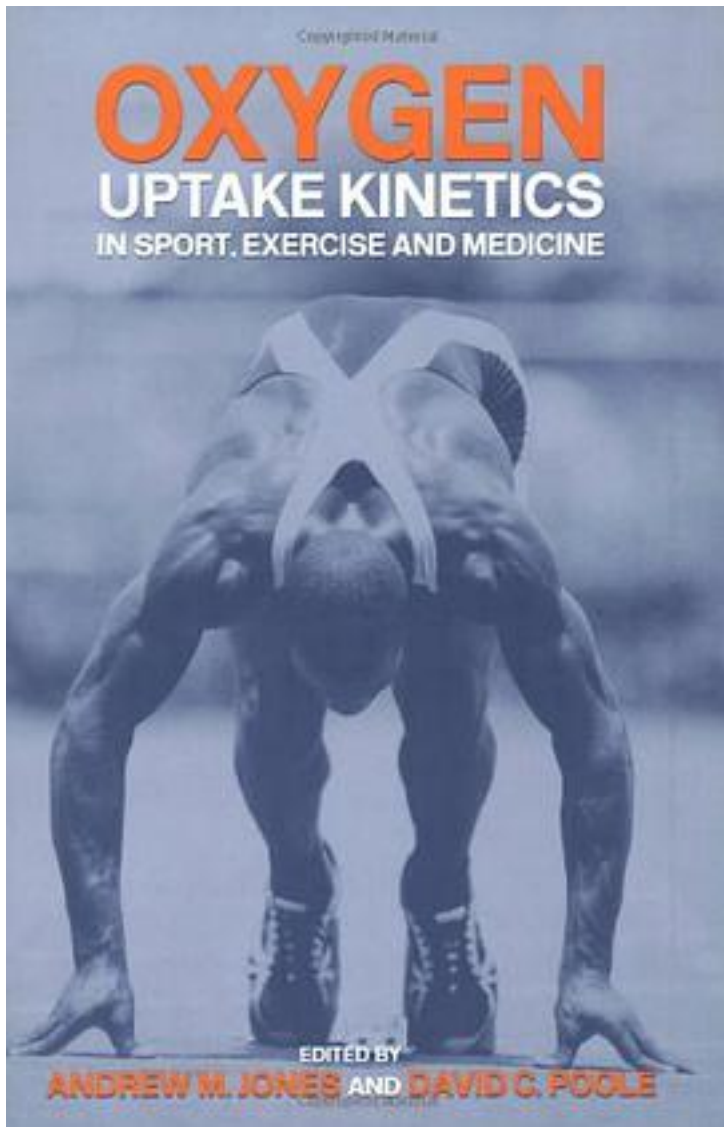


Oxygen Uptake Kinetics in Sport, Exercise and Medicine



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When we get up from a chair, run to catch a bus, swim, jump or participate in any athletic event, the energetic demands of our body (primarily muscles) change rapidly. In that transition from rest to movement or exercise, the major systems: pulmonary, cardiovascular and muscle responsible for transporting oxygen from the atmosphere to muscle mitochondria, accelerate and provide the substrate for aerobic respiration and energy production. If an individual can 'switch on' this aerobic energy system quickly, he or she will fatigue less rapidly and be better equipped to tolerate the demands of any exercise of physical activity. Exercise training results in a speeding of these oxygen uptake dynamics, or kinetics, whereas ageing and a variety of disease states slow oxygen uptake kinetics and impair exercise capacity. Despite its crucial importance, scientists interested in the limitations of human performance have only just started to give the fascination field of oxygen uptake kinetics the attention it deserves. Understanding the principal determinant of the oxygen uptake kinetics is fundamental to improving human performance or the quality of life. This book provides a comprehensive overview of the current state of knowledge within this emerging and buoyant field of study. Topics covered include: introduction to oxygen uptake kinetics and historical development of the discipline; measurement and analysis of oxygen uptake kinetics; control of and limitations to oxygen uptake kinetics; applications of oxygen uptake kinetics in human populations. "Oxygen Uptake Kinetics in Sport, Health and Medicine" is the first edited book to address the topic of oxygen uptake kinetics and contains contributions from leading researchers in the field. The text is richly illustrated and structured to enable easy access of information and represents an invaluable resource for students and researchers in exercise physiology, as well as for respiratory physiologists and pulmonary clinicians.

作者介绍:

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