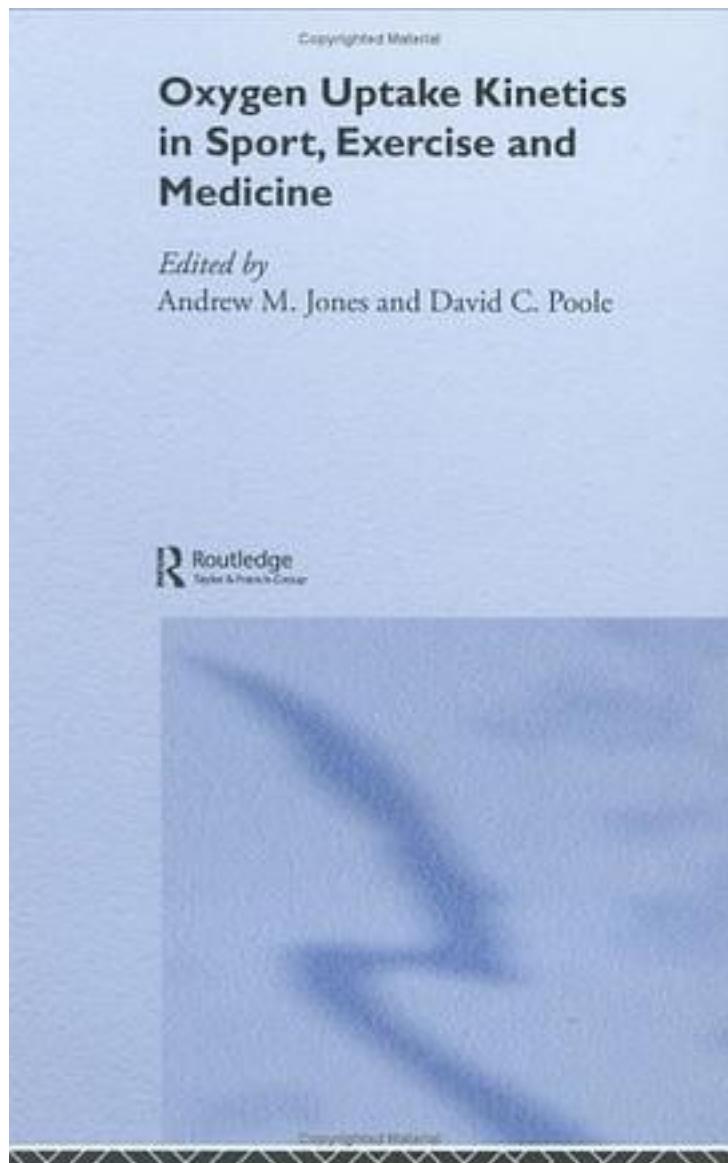


Oxygen Uptake Kinetics in Health and Disease



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If an individual can 'switch on' their aerobic energy system quickly, they will fatigue less rapidly and be better able to tolerate the demands of physical activity. Exercise training results in a speeding up of oxygen uptake kinetics, whereas ageing and a variety of disease states slow oxygen uptake kinetics and impair exercise capacity.

Understanding the principal determinants of oxygen uptake kinetics is fundamental to improving human performance in sport, and to improving quality of life for patients in many disease states. This book, with contributions from leading international researchers in sport and exercise physiology, provides a comprehensive overview of the current state of knowledge within this emerging and buoyant field of study. Topics covered include:

- *Introduction to VO₂ kinetics and historical development of the discipline
- *Measurement and analysis of VO₂ kinetics
- *Control of and limitations to VO₂ kinetics
- *Applied VO₂ kinetics for different populations

This text provides 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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