

Physiology of Sport and Exercise



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"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 easier and more engaging than 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. This new 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. The authors, all distinguished researchers, combine their expertise to deliver a level of technical content superior to that in previous editions with the inclusion of new and updated topics. This book includes new information regarding exercise training principles and the adaptations in muscle, hormonal control, neural control, metabolism and cardio-respiratory function with both resistance training and aerobic and anaerobic training. It presents a more in-depth presentation of the body's adaptations in hot and cold environments and at altitude. It describes 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 diabetes. It includes an instructor guide specifically developed for lecturers. The guide includes sample lecture outlines, key points, student assignments, sample laboratory exercises and direct links to detailed sources on the Internet for every chapter in the text. It also includes a test package, which helps instructors create print versions of their own tests by selecting from a question pool of over 1,800 questions; create, store and retrieve their own questions; select their own test forms and save them for later editing or printing; and, export the tests into a word-processing programme. It also includes a presentation package which includes a comprehensive series of 700 PowerPoint slides. Learning objective slides present the major topics covered in each chapter, text slides list key points and illustration and photo slides contain graphics found in the text. Instructors can easily add, modify, or rearrange the order of the slides. It also includes an online student study guide! This new edition includes an online study guide with dynamic and interactive learning activities, all of which can be conducted outside the lab. The site offers self-rating checklists that allow students to target concepts they need extra help with and unique "My Notes" study aids that students can edit and save. Activity feedback presents specific text page references to review for incorrect responses. Additional resources in the online study guide include glossary terms that are emphasised on their first appearance, pop-up definitions, quizzes that test students' knowledge of the material and links to professional journals. Organisation and career information extends students' knowledge beyond the learning environment.

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