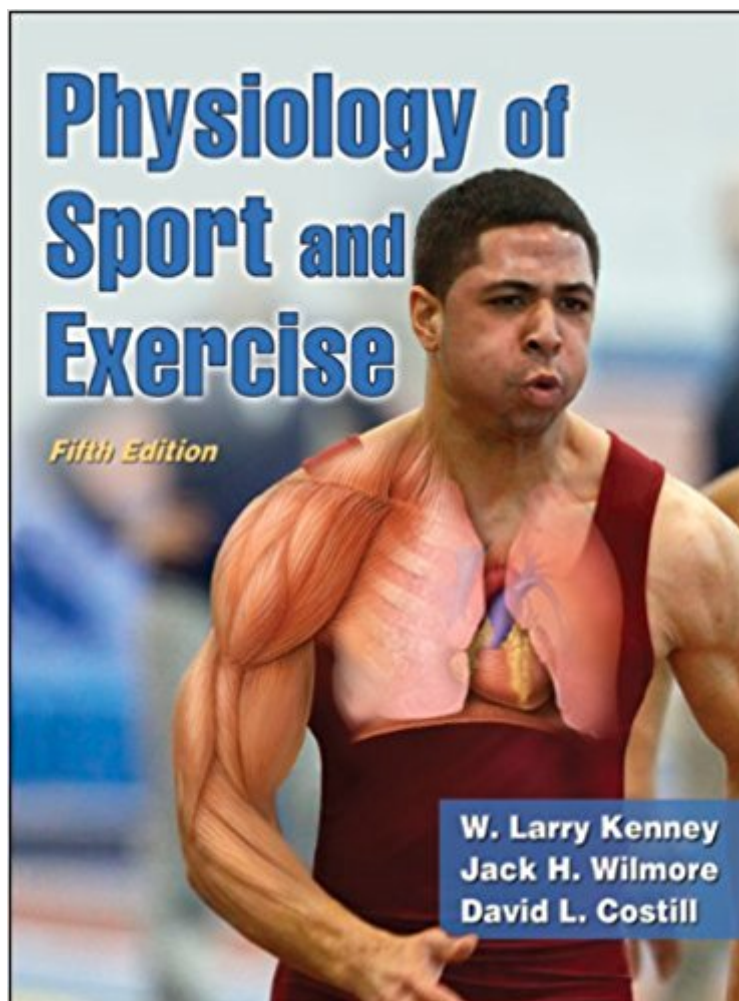


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# Physiology Of Sport And Exercise With Web Study Guide, 5th Edition



## Synopsis

The leading textbook for undergraduate exercise physiology courses, *Physiology of Sport and Exercise, Fifth Edition With Web Study Guide*, has been fully updated in both content and design. The authors, all distinguished researchers and past presidents of the American College of Sports Medicine, combine their expertise to deliver superior technical content while maintaining the accessible, reader-friendly format that has made this textbook a favorite of instructors and students alike. The fifth edition has been redesigned to enhance its visual appeal and provide students with an improved learning experience. Completely revamped photos, illustrations, and medical artwork offer a higher level of detail and clarity to better illustrate how the body performs and responds to physical activity. The text has been carefully designed to reinforce the impact of the new artwork, thereby facilitating students' comprehension of the topics covered. In addition to the improved artwork, *Physiology of Sport and Exercise, Fifth Edition*, features new and updated content based on the latest research in the field, including the following:

- A complete rewrite of the chapters on resistance training, including updated strength training principles based on the 2009 ACSM position stand and new sections on core strength, stability training, and high-intensity interval training (HIT)
- A full update and reorganization, based on instructors' feedback, of the chapters on metabolism and hormonal control to aid students' comprehension of these complex systems
- New content on lactic acid as a fuel source, muscle cramps, childhood obesity, substrate utilization and endocrine response to exercise, and vascular aging
- Updated coverage of central and peripheral cardiac functions, the female athlete triad, and the menstrual cycle
- New research on effects of physical activity on health, including the addition of international data on the incidence of cardiovascular disease and obesity

Ease of reading and understanding has been the cornerstone of this popular text. The fifth edition of *Physiology of Sport and Exercise* continues to offer comprehensive coverage of the complex relationship between human physiology and exercise while maintaining an engaging and student-friendly tone. Unique learning features allow students to build their knowledge as they discover the depth and breadth of this fascinating field of study. The book's accessible layout, including chapter-opening outlines and review boxes found throughout each chapter, will help students focus on the major concepts addressed. Study questions and a list of key terms at the end of the chapter increase students' opportunities for recall and self-testing. A comprehensive glossary and lists of common abbreviations and conversions provide easy reference for students as they complete labs and assignments. To facilitate a more integrated learning experience, both students and instructors can take advantage of

the web-based ancillaries that accompany the fifth edition of Physiology of Sport and Exercise. The web study guide offers new learning activities that complement each chapter in the book, and study guide reminders prompt students when to access the study guide to practice, review, and develop their understanding of chapter concepts. Students can also use the guide's dynamic and interactive learning activities to expand learning beyond a typical lab situation. 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. One convenient web address gives instructors access to an updated instructor guide, presentation package, image bank, and test package. The presentation package includes PowerPoint slides with key points and content, which can be modified to suit a variety of class structures. The image bank features all of the graphics, artwork, and content photos from the text for easy insertion into tests, quizzes, handouts, and other course materials. Both the test package and instructor guide include resources and teaching aids designed to decrease lecture and test preparation time and increase pedagogical effectiveness. New to the fifth-edition ancillaries is a pool of questions pulled from the student's web study guide. These questions can be uploaded to instructors' LMS systems and used to gauge students' participation in class. Physiology of Sport and Exercise, Fifth 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.

## Book Information

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## Customer Reviews

W. Larry Kenney, PhD, is a professor of physiology and kinesiology at Pennsylvania State University in University Park, Pennsylvania. He received his PhD in physiology from Penn State in 1983. Working at Noll Laboratory, Kenney is currently researching the effects of aging and elevated cholesterol on the control of blood flow in human skin and has been continuously funded by NIH since 1983. He has also studied the effects of heat, cold, and dehydration on various aspects of health, exercise, and athletic performance as well as the biophysics of heat exchange between humans and the environment. He is the author of some 200 papers, books, book chapters, and other publications. Kenney served as president of the American College of Sports Medicine from 2003 to 2004. He is a fellow of the American College of Sports Medicine and of the American Academy of Kinesiology and Physical Education and a member of the American Physiological Society. 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. He was awarded the American College of Sports Medicine's New Investigator Award in 1987 and the Citation Award in 2008. Kenney has been 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), *Exercise and Sport Sciences Reviews*, the *Journal of Applied Physiology*, *Human Performance*, *Fitness Management*, and *ACSM's Health & Fitness Journal* (inaugural board member). He is also an active grant reviewer for the National Institutes of Health and many other organizations. He and his wife, Patti, have three children, all of whom are or were college athletes: Matt (Cornell football), Alex (Penn State football and track), and Lauren (Penn State track).

Jack H. Wilmore, PhD, is the Margie Gurley Seay Centennial professor emeritus in the department of kinesiology and health education at the University of Texas at Austin. He retired in 2003 from Texas A&M 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 and the Margie Gurley Seay Endowed Centennial professor at the University of Texas at Austin. 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 was 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 have included determining the role of exercise in the prevention and control of both obesity and coronary heart disease, 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 also served on several journal editorial boards. 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 sons-in-law and seven 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 425 publications over the course of his career, including 6 books and articles in both peer-reviewed and lay publications. He served as the original 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, auto and experimental airplane builder, competitive masters swimmer, and ex-marathon runner.

I bought it for my daughter and she said it worked great for her class and also for her program that

she is setting up for her new job she said she wants to understand not just the physical but the mental part of physical exercise

This book has very detailed chapters on all of the main subjects of exercise physiology. I bought it for my Kinesiology 491, senior-level class, and it is a great overview of everything I have learned over the years. Sure, some classes go into more detail about a handful of the subjects, but this will give the reader a great comprehension of the entirety of exercise physiology.

I have a number of different texts on this topic. This book is the most clearly written and yet complex. I found it very useful. This is one book to hold onto if the topic is important to you.

I took this class as an Exercise Physiology class at Purdue University this summer and this was the required text for the course. It was very helpful and beneficial in my receiving the A that I did for the class. It was easy to follow and take notes from and came in great condition for being a previously used textbook. I also liked that I was able to sell it back to the bookstore once completing the summer course and receiving \$50 for the buy back.

Well written!

Used this text for an online Exercise Physiology course. I found it very readable and understandable. It is a very good book for self-teaching.

Full color and quick navigation, its perfect for class when I am carrying tons of books already. I enjoy having it to go without the weight.

A good reference to use for information. I had to use it for school and I enjoyed it still! 5 stars.

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