“...Clearly (the) textbook leader for undergraduate exercise physiology classes.” —Doody’s Book Review Service (review of third edition)

Audiences: A text for undergraduate courses in exercise physiology; a reference for graduate students in exercise science, exercise scientists, sports medicine specialists, physicians, athletic trainers, kinesiotherapists, sport physical therapists, physical educators, and fitness specialists.

The leading textbook for undergraduate exercise physiology courses, *Physiology of Sport and Exercise*, is back in an updated fourth edition that is better than ever. Renowned authors Jack Wilmore and David Costill add the expertise of W. Larry Kenney to bring a fresh perspective to the organization and content of the fourth edition.

In an effort to reduce “backpack bulge,” the fourth edition has been carefully streamlined to offset the addition of new chapters or pages. Updated research, modernized artwork, and a reorganization of material provide a focused and effective presentation of concepts within a slightly smaller—and lighter—textbook. Chapters regarding nutrition and body composition are now combined to reduce information overlap, and references and selected readings from each chapter are grouped at the end of the text.

*Physiology of Sport and Exercise, Fourth Edition*, also includes an online student study guide with an improved interface and new learning activities that complement each chapter in the book. Additionally, helpful study guide reminders and the inclusion of an access code within the book prompt students to access the online guide to practice, review, and develop their understanding of chapter concepts.

The authors, all distinguished researchers and past presidents of the American College of Sports Medicine, combine their expertise to deliver a level of technical content superior to that in previous editions with the inclusion of new and updated topics:

- New information regarding exercise training principles and the adaptations in muscle, hormonal control, neural control, metabolism, and cardiorespiratory function with both resistance training and aerobic and anaerobic training
- A more in-depth presentation of the body’s adaptations in hot and cold environments and at altitude
- Updated content on how general principles of exercise and sport physiology are specifically applied to children and adolescents, older individuals, and women
- 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

*Physiology of Sport and Exercise, Fourth Edition*, stands alone as the best, most comprehensive resource framing the latest research findings in a student-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.

**Audiences:**
- Students in exercise science, exercise scientists, sports medicine specialists, physicians, athletic trainers, kinesiotherapists, sport physical therapists, physical educators, and fitness specialists.

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- Chapter 6. The Respiratory System and Its Regulation
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**Part IV. Environmental Influences on Performance**
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**Part V. Optimizing Performance in Sport**
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**Part VII. Physical Activity for Health and Fitness**
- Chapter 19. Prescription of Exercise for Health and Fitness
- Chapter 20. Cardiovascular Disease and Physical Activity
- Chapter 21. Obesity, Diabetes, and Physical Activity

Visit www.HumanKinetics.com for more information or to order!
Instructor guide. Specifically developed for instructors of Physiology of Sport and Exercise, Fourth Edition, the instructor 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.

Test package. The test package, created with Respondus 2.0, includes a bank of more than 1,800 questions in true-or-false, fill-in-the-blank, essay and short-answer, and multiple-choice formats.

Online student study guide
Physiology of Sport and Exercise, Fourth Edition, includes an online study guide with dynamic and interactive learning activities, all of which can be conducted outside the lab. The study guide offers:

- **Self-rating checklists** that allow students to target concepts they need extra help with.
- **“My Notes” study aids** that are customizable and can be saved to a student's computer.
- **Activity feedback** that presents specific text page references to review for incorrect responses.
- **Glossary terms** that are emphasized on their first appearance and include a pop-up definition.
- **Quizzes** that test students' knowledge of the material.
- **Links** to professional journals as well as organization and career information to extend students' knowledge beyond the school environment.

**“Undoubtedly, this book...will raise the bar of expectations in a number of introductory courses in this field.”**
—Applied Physiology, Nutrition, and Metabolism

**Audiences:** A text for undergraduate and lower-level graduate courses; a reference for health scientists and biologists with an interest in exercise, exercise physiologists, exercise biochemists, and sport nutritionists.

**Exercise Biochemistry** is a highly informative and illuminating text on the effects of exercise on molecular level functioning. It presents the basics of biochemistry as well as in-depth coverage of exercise biochemistry. The book uses key terms, sidebars, and questions and problems posed at the end of each chapter to facilitate learning. It also covers metabolism, endocrinology, and assessment all in one volume, unlike other exercise biochemistry books.

**Exercise Biochemistry** will be useful to graduate students in sport science who have not been formally introduced to exercise biochemistry during their undergraduate programs. Additionally, it can supplement exercise physiology textbooks with its coverage of the molecular basis of physiological processes. This book is also for physical education and sport professionals who have an interest in how the human body functions during and after exercise, and health scientists who are interested in the transformations in human metabolism brought about by physical activity.

The book is organized in four parts. **Part I** introduces readers to biochemistry basics, including chapters on metabolism, proteins, nucleic acids and gene expression, and carbohydrates and lipids. **Part II** consists of two chapters that explore neural control of movement and muscle contraction. The essence of the book is found in **part III**, which details exercise metabolism in its six chapters. Included are chapters on carbohydrate, lipid, and protein metabolism in exercise; compounds of high phosphoryl transfer potential; effects of exercise on gene expression; and integration of exercise metabolism. In **part IV**, the author focuses on biochemical assessment of people who exercise, with chapters on iron status, metabolites, and enzymes and hormones. Simple biochemical tests are provided to assess an athlete's health and performance.

**Exercise Biochemistry** is a highly readable book that serves as a source for understanding how exercise changes bodily functions. The text is useful for both students and practitioners alike.

**Exercise Biochemistry**
Vassilis Mougios, PhD
©2006 • Hardback • 352 pp
ISBN 978-0-7360-5638-0
$82.00 ($112.95 CDN, £54.00 UK, €81.00 EURO, $139.70 AUS, $166.00 NZ)
Gain fundamental scientific knowledge with Human Kinetics’ Primers in Exercise Science Series!

Each volume in Human Kinetics’ Primers in Exercise Science Series provides students and professionals alike with a non-intimidating basic understanding of the science behind each topic in the series, and where appropriate, how that science is applied. These books are written by leading researchers and teachers in their respective areas of expertise to present in an easy-to-understand manner essential concepts in dynamic, complex areas of scientific knowledge. The books in the series are ideal for researchers and professionals that need to obtain background in an unfamiliar scientific area or as an accessible basic reference for those that will be returning to the material often.

Explore the basic concepts of genetics in exercise science and health

Audiences: An introductory or supplemental text for health or exercise science students needing a deeper understanding of genetics than what is found in standard exercise physiology textbooks; a reference for exercise physiologists, exercise scientists, and health and medical professionals.

Genetics Primer for Exercise Science and Health is the first text dedicated to the basic concepts of genetics in relation to the broad range of topics in exercise science and health. Author Stephen M. Roth, PhD, makes the content comprehensible for readers who are unfamiliar with genetics without sacrificing the foundational and critical understanding necessary for interpreting research findings and incorporating genetics into research programs.

Genetics Primer for Exercise Science and Health maintains a practical focus and addresses common concerns when preparing to study genetics. Through this text, students will discover:

- The basics of DNA and genetics as they relate to health, physical activity, and sport
- Specific skills and strategies for interpreting and applying genetics findings in research
- How genetics research may affect sport performance training and clinical practice
- The ethical issues raised by genetics in society and sport

Special focus sections are incorporated throughout the text, providing expanded discussions of interesting topics in each chapter. Students see examples of how the principles described in the book have played out in real-life research, and they receive explicit instructions on planning and interpreting genetics research. Pedagogical aids such as summaries, key terms, and review questions also make this text ideal for efficient learning.

Genetic research will play an important role in the future practice of exercise science and health, requiring students to have this basic knowledge for success in their careers. Through its practical presentation of current and basic topics, Genetics Primer for Exercise Science and Health makes the case for more universities to introduce genetics courses to their curricula. Having the essential topics of genetics in a single, practical introductory text will facilitate the work of instructors, students, and professionals.

Genetics Primer for Exercise Science and Health
Stephen M. Roth, PhD
©2007 • Paperback • 192 pp
$39.00 ($53.95 CDN, £25.00 UK, €37.50 EURO, $66.00 AUS, $82.00 NZ)

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Part III. Current Findings and Extensions of Genetics Research
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Chapter 12. Personalized Medicine
Chapter 13. Ethical Challenges in Genetics and Society

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Essential bioenergetics concepts with an emphasis on practical applications

**Audiences:** An undergraduate text to supplement courses in exercise physiology, sport nutrition, and kinesiology; a reference for exercise scientists, exercise physiologists, and health and fitness, nutrition, and weight-management professionals dealing with the treatment and prevention of obesity and its associated complications.

*Bioenergetics Primer for Exercise Science* is an up-to-date text that encompasses all available information regarding human bioenergetics and energy metabolism and brings together diverse issues that are of theoretical interest and practical importance.

For readers unfamiliar with bioenergetics, this text explains the foundational and critical knowledge necessary for understanding the research findings and the application of those findings. To evaluate research more knowledgeably and decide which techniques best fit their own research, students and professionals will learn about lab- and field-based techniques used to measure energy metabolism, including lipid metabolism.

In addition to providing bioenergetics concepts and research, the text emphasizes the metabolic challenges brought about by obesity and diabetes. Dedicated chapters discuss metabolic impairments associated with both diseases, alterations in metabolism during exercise for affected individuals, the role of exercise in enhancing energy utilization and improving glucose response and insulin sensitivity, and a more specific discussion of bioenergetics extended to various subpopulations such as children, elderly people, and women. It offers both students and professionals a depth of knowledge that will inform their further study, research, and profession.

**Bioenergetics Primer for Exercise Science**
Jie Kang, PhD
©2008 • Paperback • 224 pp
ISBN 978-0-7360-6241-1
$39.00 ($49.95 CDN, £25.00 UK, €37.50 EURO, $66.00 AUS, $82.00 NZ)

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**Part IV. Other Aspects of Bioenergetics**
- Chapter 10. Resting Metabolic Rate
- Chapter 11. Thermal Effect of Food
- Chapter 12. Selected Pharmacologic and Nutritional Substances

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Unlock biochemistry in an easy-to-understand format

**Audiences:** A supplementary text for upper-level undergraduate and graduate students in exercise physiology, exercise biochemistry, and sport nutrition; a reference for professionals in those fields.

The latest edition of *Biochemistry Primer for Exercise Science* provides readers with an understanding of the essential concepts of biochemistry—molecular biology, basic chemistry, metabolism, and transcription regulation—in an easy-to-understand format. Each chapter addresses the newest, most sophisticated information, discusses future research directions, and contains key points to reinforce understanding. The book also provides a list of abbreviations, conveniently located on the inside front cover, to help students become familiar with commonly used biochemistry terms; chapter summaries; a glossary; and a comprehensive reference list to help students absorb and apply the content.

This new edition fully integrates the concepts of biochemistry and physiology of exercise and provides critical information on how genes are controlled. In doing so, it melds the fields of human nutrition, physiology, and biochemistry into a more unifying science, and it presents readers with the biochemistry content they need in order to understand the molecular aspects of human physical activity.

*Biochemistry Primer for Exercise Science, Third Edition*
Michael E. Houston, PhD
©2006 • Paperback • 280 pp
ISBN 978-0-7360-5612-0
$39.00 ($53.95 CDN, £26.50 UK, €39.75 EURO, $69.30 AUS, $82.00 NZ)

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A comprehensive review of metabolic processes

**Audiences:** A reference for exercise physiologists, exercise biochemists, and biochemists; a text for graduate students in these areas of study.

*Exercise Metabolism, Second Edition,* provides a systematic, in-depth examination of the regulation of metabolic processes during exercise. This comprehensive reference contains up-to-date information and nearly 1,000 references that professionals may use in their own research and writing. In addition, graduate students can learn firsthand about the various regulations of metabolic processes during exercise as they prepare for careers in exercise physiology or biochemistry.

Written by internationally recognized researchers, *Exercise Metabolism, Second Edition,* is both revised and expanded while retaining the essential elements of the first edition. It delves into the mobilization and utilization of substrates—glucose, lipids, and protein—during physical activity, and it explores metabolic factors in fatigue and metabolic adaptations to endurance training.

*Exercise Metabolism, Second Edition*
Mark Hargreaves, PhD, and Lawrence Spriet, PhD, Editors
©2006 • Hardback • 312 pp • ISBN 978-0-7360-4103-4
$62.00 ($85.50 CDN, £60.00 UK, €60.00 EURO, $104.50 AUS, $124.00 NZ)

Discover the best methods for assessing body composition

**Audiences:** A text for body composition, nutrition, and exercise science courses; a reference for body composition professionals, fitness professionals, nutrition specialists, and clinicians.

*Applied Body Composition Assessment, Second Edition,* brings both practitioners and students up to date on the latest body composition methods and equations for healthy and clinical populations. The book addresses the principles underlying the skinfold, bioelectrical impedance, near-infrared interactance, and anthropometric methods of body composition assessment. It also shows readers how to control for potential errors in measurement, different equations for different populations, and much more.

*Applied Body Composition Assessment, Second Edition*
Vivian H. Heyward, PhD, and Dale R. Wagner, PhD
$52.00 ($71.95 CAN, $35.50 UK, €53.25 EURO, $92.40 AUS, $124.00 NZ)

Ancillaries

All ancillary materials for this text are **FREE** to course adopters and available online at www.HumanKinetics.com/AppliedBodyCompositionAssessment.

- **Instructor guide.** Contains a sample syllabus, lab activities, class projects, graphics for classroom use, and more.
- **Test package.** Includes a bank of more than 475 questions in true-or-false, multiple-choice, and essay formats.

The most complete text in the field of body composition research

**Audiences:** A reference for graduate students, exercise scientists, nutritionists, human biologists, physiologists, medical researchers, pediatricians, epidemiologists, and others interested in body composition studies.

*Human Body Composition, Second Edition,* represents the most complete text in the burgeoning field of body composition research. The book covers the full range of methods to assess body composition, including dual-energy X-ray absorptiometry, electrical impedance, and imaging techniques. A definitive research guide, this resource incorporates updated information on current methods and topics of biological importance.

This reference also includes new material on molecular genetics, energy expenditure, body composition as related to various pathological states including cancer, inflammatory diseases, illness associated with HIV, and animal body composition.

*Human Body Composition, Second Edition*
Steven B. Heymsfield, MD, Timothy G. Lohman, PhD, ZiMian Wang, PhD, and Scott B. Going, PhD, Editors
©2005 • Hardback • 536 pp • ISBN 978-0-7360-4655-8
$89.00 ($122.95 CAN, £49.00 UK, €90.75 EURO, $157.30 AUS, $187.00 NZ)

Apply treatment strategies to help patients manage their weight

**Audiences:** A comprehensive professional reference of weight management research and techniques. Featuring chapters from some of the world’s top specialists in the field of weight control, it provides the most current and accurate information available today for treating obesity.

*Obesity: Etiology, Assessment, Treatment, and Prevention* is a comprehensive reference for exercise physiologists, exercise biochemists, and biochemists; a text for graduate students in these areas of study.

*Obesity: Etiology, Assessment, Treatment, and Prevention*
Ross E. Andersen, PhD, Editor
$74.00 ($101.95 CDN, £49.00 UK, €73.50 EURO, $127.60 AUS, $151.00 NZ)

**Physical Activity and Obesity**
Claude Bouchard, PhD, Editor
©2001 • Hardback • 408 pp • ISBN 978-0-88011-909-2
$64.00 ($79.50 CDN, £41.00 UK, €61.50 EURO, $108.35 AUS, $122.00 NZ)

**Physical Activity Assessments for Health-Related Research**
Gregory J. Welk, PhD, Editor
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“This is the best book on physical activity and health that I’ve come across.”

—The Sport and Exercise Scientist

**Audiences:** A text for undergraduate and graduate students in kinesiology, exercise science, physical education, public health, health promotion, preventive medicine, and human biology; a reference for professionals in those areas.

*Physical Activity and Health* is the first textbook to bring together the results of the most important studies in this rapidly changing field and offers a detailed yet concise presentation of key concepts. The text provides a conceptual framework to help readers relate results from single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health.

The text explains the latest advances in understanding the effects of acute and chronic participation in physical activity and reviews the relationships between regular physical activity and health outcomes. It also focuses on the prevention of diseases, quality of life, and well-being.

*Physical Activity and Health* is organized into five parts. **Part I** defines the basic concepts, traces the history of the field, and summarizes evidence accumulated on the relationship between levels of physical activity and fitness and variations with age, between genders, and among ethnic groups. **Part II** describes the latest advances in understanding the effects of acute and chronic participation in physical activity. **Part III** reviews the relationships between regular physical activity and health outcomes, including cardiovascular morbidities, mental health, and all-cause mortality. **Part IV** focuses on the “how” and deals with dose-response issues and types of exercise programs. **Part V** explores how advances in genetics challenge students’ understanding of the complex relationships between physical activity, fitness, and health. It also offers a practical integration of all the issues discussed in the preceding chapters.

**Physical Activity and Health**
Claude Bouchard, PhD, Steven N. Blair, PED, and William L. Haskell, PhD, Editors
©2007 • Hardback • 424 pp
ISBN 978-0-7360-5092-0
$69.00 ($94.95 CDN, £44.00 UK, €66.00 EURO, $115.50 AUS, $136.50 NZ)

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The “how” and “why” of exercise rehabilitation

**Audiences:** A reference for physical and occupational therapists, clinical exercise specialists, physiatrists, and rehabilitation specialists.

*Exercise in Rehabilitation Medicine, Second Edition,* is a useful reference in designing exercise rehabilitation programs for patients with various disabling illnesses and conditions.

This book provides an understanding of the basic physiological adaptations to exercise and aids health professionals in properly matching a training program with the impairment, activity, activity level, and participation goal appropriate for the patient.

**Exercise in Rehabilitation Medicine, Second Edition**
Walter R. Frontera, MD, PhD, David M. Slovik, MD, and David M. Dawson, MD, Editors
$95.00 ($130.95 CDN, £64.50 UK, €96.75 EURO, $168.30 AUS, $199.50 NZ)

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Learn the main principles of exercise physiology

In this interactive online course, you will increase your basic understanding of exercise physiology’s main principles and learn how to apply the concepts to various exercise and physical activity settings. This course emphasizes that to be safe and effective, an exercise program must be based on sound physiological principles and the consideration of personal factors unique to each client. The online material is closely linked to the included student text and presents learning activities that are designed to help you integrate the new material into daily practices.

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**Exercise Physiology**
Laurel T. Mackinnon, PhD, FACSM
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For the professional version, visit www.hkeducationcenter.com.
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Biochemical Monitoring of Sport Training
Atko Viru, PhD, DSc, and Mehis Viru, PhD
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Not available in Europe.

**Exercise Endocrinology**
Katarina T. Borer, PhD
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**Hard Work: Defining Physical Work Performance Requirements** focuses on physically demanding occupations that require strength and stamina, such as law enforcement, firefighting, mining, forestry, and the military. It is the first book to examine the relationship of recruitment practices, physical training, and physical evaluation to the intricate environment of corporations, labor organizations, the legal system, and employment rights.

*Hard Work* assists readers in making intelligent and informed decisions resulting in a safer, healthier, and more productive work force. Authors Brian Sharkey and Paul Davis have spent more than 70 years combined researching worker performance in physically demanding professions. *Hard Work* brings their perspective as exercise scientists to an examination of work requirements and capacity for physically demanding jobs; physical characteristics of the “athlete-worker,” including aerobic and muscular fitness; test development, validation, and utilization in employee selection; employee health and job-related fitness; environmental factors affecting employee performance, such as heat, cold, and altitude; respiratory protection and lifting guidelines; and legal aspects of employment, consequences of legal decisions, and a proposed alternative to litigation.

*Hard Work: Defining Physical Work Performance Requirements* suggests how workers could benefit by working up to job requirements while maintaining their health, safety, and job performance. This unique text seeks to bring about a paradigm shift wherein workers are viewed as occupational athletes who, aided by effective recruitment, testing, and training, receive the necessary support to help them excel in their physically demanding workplace.

**Apply advanced knowledge to exercise and work physiology**

*Textbook of Work Physiology, Fourth Edition*, combines classical issues in exercise and work physiology with the latest scientific findings. The result is an outstanding professional reference that will be indispensable to advanced students, physiologists, clinicians, and physical educators—any professional pursuing study of the body as a working machine.

Written by world-renowned exercise physiologists and sports medicine specialists, the text provides the important historical information and exercise physiology research conducted by the authors over the past 40 years. In addition, it presents current scientific research and applies this information to the fields of exercise physiology and work physiology. More useful than ever, this resource includes more than 1,600 references and in-depth studies taken from the working world, recreational activities, and elite sport.

*Textbook of Work Physiology, Fourth Edition* by Per-Olof Åstrand, MD, PhD, Kaare Rodahl, MD, PhD, Hans A. Dahl, MD, and Sigmund B. Stromme, PhD

**Exercise Physiology for Health Care Professionals** by Frank J. Cerny, PhD, and Harold W. Burton, PhD

**Physical Activity Epidemiology** by Rod K. Dishman, PhD, Gregory W. Heath, DHSc, MPH, and Richard Washburn, PhD
Improve overall quality of life through better fitness and nutrition

Audiences: An undergraduate text for courses in health and fitness. An excellent resource for fitness professionals and enthusiasts.

*Fitness and Health, Sixth Edition,* clearly explains how the body responds to physical activity, why physical activity is so beneficial to health, and the way in which physical activity enhances aerobic and muscular fitness, weight control, performance in work and sport, and energy and vitality.

This updated edition includes a revised discussion on aerobic fitness and prescription information that shifts focus from maximum fitness to sustainable fitness across the life span. Updated self-testing and evaluation materials allow readers to learn to assess and maintain their health and fitness levels. In addition, an expanded section on weight loss incorporates the latest research and diet information so that proper nutrition can be integrated into the overall health plan.

*Fitness and Health, Sixth Edition*
Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
©2007 • Paperback • 440 pp
ISBN 978-0-7360-5614-4
$27.95 ($35.95 CDN, £19.99 UK, €29.99 EURO, $48.95 AUS, $58.90 NZ)

Complete descriptions for a wide range of fitness testing methods

Audiences: A text for graduate students in applied and exercise physiology, a reference for exercise physiologists, sports medicine professionals, and health and fitness professionals.

*Physiological Assessment of Human Fitness, Second Edition,* contains detailed descriptions of a range of accepted fitness assessment methods. The text summarizes current scientific methods for assessment in areas such as aerobic and anaerobic power, capacity for sustained exercise using blood lactate, respiratory markers and heart rate markers, pulmonary gas exchange, mechanical power and strength, body composition, joint range of motion, and field testing of athletes.

The editors have made significant changes in each chapter of this edition to provide up-to-date coverage of the topics and to offer complete descriptions of the techniques, procedures, and norms for accurate and effective fitness testing. New chapters have been added discussing the use of near-infrared spectrophotometry and the potential for heart rate variability in assessment. As a result, students learn how to measure and interpret physiological changes resulting from different types of training programs for sport and for health improvement.

*Physiological Assessment of Human Fitness, Second Edition*
Peter J. Maud, PhD, and Carl Foster, PhD, Editors
©2006 • Hardback • 328 pp
ISBN 978-0-7360-4633-6
$62.00 ($85.50 CDN, £40.00 UK, €60.00 EURO, $104.50 AUS, $124.00 NZ)

Covers 24 diseases and conditions

Audiences: Study resource for the ACSM Clinical Exercise Physiology Registry Examination; text for upper-level undergraduate and lower-level graduate clinical exercise physiology courses; reference for sports medicine specialists, exercise and sport science educators, physical therapists, and athletic trainers.

Edited by respected scholars, *Clinical Exercise Physiology* is the most expansive resource available in the field. It provides the latest information on the key practice and disease areas of clinical exercise physiology, including endocrinology, the metabolic system, the cardiovascular system, the respiratory system, oncology, the immune system, bone and joints, and the neuromuscular system. This text also covers the important issues for clinical exercise physiologists to understand about the special populations of children, the elderly, and female athletes.

*Clinical Exercise Physiology*
Jonathan K. Ehrman, PhD, Paul M. Gordon, PhD, Paul S. Visich, PhD, and Steven J. Keteyian, PhD, Editors
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Current sports physiology research applied to sports performance

The International Journal of Sports Physiology and Performance (IJSPP) is the only journal that publishes authoritative research in sports physiology and related disciplines that has direct practical application in enhancing sport performance, preventing declines in performance, and enhancing recovery of athletes. IJSPP is an international peer-reviewed journal dedicated to advancing the knowledge of sport and exercise physiologists, sport performance researchers, sport physicians, coaches, students, and other sport scientists. While other journals focus on exercise physiology research in controlled settings, IJSPP bridges a gap in the literature between theory and practical application. IJSPP publishes original investigations, case studies, technical reports by submission, letters to the editor, brief reviews, and invited commentaries. The journal includes articles pertaining to individual and team sports, environmental physiology, applied sport nutrition, strength and conditioning, biomedical science, and sport technology. Recent issues of IJSPP have focused on the research in sport physiology and related disciplines that have direct practical application in enhancing sport performance, preventing decrements in performance, and improving the recovery of athletes. Future issues of IJSPP will include brief reviews of the applied physiology and performance analysis of high performance swimming and the metabolic and physiological aspects of football (soccer). IJSPP will also feature invited commentaries on post-activation potentiation in elite sports, and science and research directions in triathlon.

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About the Editor

David Pyne, PhD, FACSM, is a sports physiologist in the Department of Physiology at the Australian Institute of Sport. He holds additional appointments at the Medical School of the Australian National University and the School of Health Sciences at the University of Canberra. His primary research interests consist of the applied physiology of swimming; exercise, training, and the immune system; and performance enhancement in team sports.

Dr. Pyne has worked with the Australian Swimming team for 20 years, which includes several World Championships and Olympic Games. He was a full member of the 2000 Australian Olympic team and is recognized internationally for his work in swimming and the implications of exercise training on the immune system. He also consults to a number of sporting organizations in Australia including Swimming Australia, Cricket Australia, Australian Rugby Union, Australian Football League and Basketball Australia.
**Pediatric Exercise Science**

**Thomas W. Rowland, MD, Editor**

**Frequency:** Quarterly (February, May, August, November)

**Current volume:** 20 (2008)

**Print and online format**

**ISBN:** 978-0-7360-5315-0

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**The only journal devoted to childhood exercise**

*Pediatric Exercise Science (PES)* is the only journal devoted solely to issues concerning exercise in children. Its contents are designed to serve not only as a repository of knowledge in the field but also as a means of presenting challenging new ideas. It thereby strives to promote physical activity and fitness for health in children, recognize limits and training methods for child athletes, and assess the role of exercise as a therapeutic intervention in children with chronic disease. *PES* crosses disciplines and acts as a means of communicating information among various groups of interest in the field, including exercise physiologists, physicians, public health specialists, and physical educators.

Recent issues of *PES* have included articles on the importance of providing reinforcing feedback on children’s levels of physical activity, understanding bone development relative to physical activity in children, and the effects of exercise on immune function in youth. In the near future, *PES* will publish an article that assesses various means of measuring physical activity in youth, as well as a study presenting the effect of obesity on bone strength in children.

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**PES welcomes submissions!**


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**International Journal of Sport Nutrition and Exercise Metabolism**

**Emily M. Haymes, PhD, Ronald J. Maughan, PhD, and Louise Burke, PhD, Editors**

**Frequency:** Bimonthly (February, April, June, August, October, December)

**Current volume:** 18 (2008)

**Print and online format**

**ISBN:** 978-0-7360-6173-5

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**Explore the relationship between sport nutrition and exercise metabolism**

The *International Journal of Sport Nutrition and Exercise Metabolism (IJSNEM)* is dedicated to providing original research in the fields of sport nutrition and exercise metabolism. The only journal devoted solely to the publication of findings in these areas, *IJSNEM* is both an important outlet for international research and a vital resource for professionals in the many fields related to nutrition and metabolism. In 2006, over half of the studies published were from institutions outside of the United States, demonstrating the true international nature of the journal.

Recent articles appearing in *IJSNEM* have addressed topics such as the use of caffeine as an ergogenic aid in exercise, protein intake and resistance training, and guidelines for fluid intake in sports. Future issues of the journal will continue to address issues related to sports nutrition and exercise.

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Overtraining Athletes: Personal Journeys in Sport seeks to communicate the complex subject of overtraining to help athletes, coaches, parents, and sport science professionals understand the dangers of overtraining and take steps toward prevention. Using history and research, current experts’ perspectives, and athletes’ personal experiences, Overtraining Athletes identifies forces that push athletes to overtrain by sharing the struggles of those athletes and the sport professionals who seek to help them.

The text employs a nonlinear structure, allowing the flexibility to sample chapters from each of its four parts based on interest and level of knowledge about the topic. By presenting the phenomenon of overtraining from a variety of perspectives and with varying degrees of technicality, the book engages a wide range of readers while presenting significant research and studies in the area. Each of the four parts of the text displays a distinct method for understanding the effects of overtraining.

Overtraining Athletes presents information through a qualitative focus combined with current research and future directions, encouraging readers to learn about the topic and take action in the treatment and prevention of overtraining.

Overtraining Athletes: Personal Journeys in Sport
Sean O. Richardson, PhD, Mark B. Andersen, PhD, and Tony Morris, PhD
©2008 • Paperback • Approx. 248 pp
ISBN 978-0-7360-6787-4
Call for prices after February 1, 2008.

Hands-on guide to sport physiology

Sport Physiology for Coaches is designed to help readers assess, refine, enhance, and improve athlete performance through an applied approach to exercise physiology. The text’s reader-friendly format includes learning objectives that introduce each chapter, sidebars illustrating sport-specific applications of key concepts and principles, chapter summaries organized by content and sequence, key terms, chapter review questions, scenarios that apply concepts to real-world situations, and a comprehensive glossary.

The book includes sample programs for skill, power, power endurance, intermittent, and aerobic activity sports to guide readers in the development of a program for their sport. Readers will learn the principles behind muscular and energy fitness development, differentiate between myth and science, and glean the latest training techniques and lessons learned from science and top coaches.

Sport Physiology for Coaches
Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
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Up-to-date sourcebook of normative data for testing

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Norms for Fitness, Performance, and Health presents data for numerous fitness components, including strength, endurance, anaerobic and aerobic capacity and power, body composition, flexibility, speed, and agility, as well as data for various health norms such as cardiovascular capacity, blood lipids, bone density, energy expenditure, and caloric values. The data also highlights various athletic populations, including athletes in football, basketball, and baseball, and features normative data that were collected from professional sport organizations, including the NFL and NHL. Readers can use these norms to gain a greater understanding of maximizing athletes’ performance and to develop optimal training programs. A unique aspect of the book is the inclusion of performance data for specific civil service populations such as police, firefighters, and military personnel.

Readers will benefit from this book by gaining knowledge on
• comparing athletic populations and rating athletes based on normative values;
• properly conducting and comparing various tests for specific fitness components through detailed test descriptions;
• the importance of testing and the reasons for establishing testing programs;
• the interpretation of normative data to allow proper understanding of test results; and
• comprehending data analysis through the easy manner in which the statistics are presented.

Norms for Fitness, Performance, and Health
Jay Hoffman, PhD
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Psychobiology of Physical Activity fills a void in the scientific literature by addressing psychobiologic factors as they relate to exercise and sport. As the first resource of its kind, it sparks greater interest in the integration of topics in the growing area known as the psychobiology of physical activity. The text defines and expands the field by covering various disciplines, including psychophysiology, psycho-neuroendocrinology, psychoimmunology, neuroscience, physiological psychology, and behavioral genetics.

As a professional reference, the book provides researchers and scholars with a valuable summary of cutting-edge research and up-to-date information. As a textbook, it challenges researchers and graduate students with an integrated approach to the study of human behavior in exercise and sport.

Psychobiology of Physical Activity
Edmund O. Acevedo, PhD, and Panteleimon Ekkekakis, PhD, Editors
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*Molecular and Cellular Exercise Physiology*
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**Audiences:** A reference for exercise scientists, exercise physiologists, dietitians, pediatricians, physical therapists, psychiatrists, family physicians, and occupational therapists.

*Pediatric Exercise Medicine: From Physiologic Principles to Health Care Application*
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**Audiences:** A reference for exercise physiologists, exercise and sport scientists, sports medicine specialists; also a reference for upper-undergraduate and graduate students in those disciplines.

*Children’s Exercise Physiology, Second Edition*
Thomas W. Rowland, MD
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