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The ninth edition of Exercise Physiology: Theory and Application to Fitness and Performance is intended for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology/exercise science, physical therapy, and physical education. The book contains numerous clinical applications, including exercise tests to evaluate cardiorespiratory fitness and information on exercise training for improvements in health-related physical fitness and sports performance. This comprehensive tool is intended for a one-semester, upper-level undergraduate or beginning graduate exercise physiology course.

Written especially for exercise science and physical education students, this text provides a solid foundation in theory illuminated by application and performance models to increase understanding and to help students apply what they've learned in the classroom and beyond.

Designed for undergraduate course work, this exercise physiology textbook unites research and theory with real-world application so students can easily relate to the concepts being presented. The unique applied approach fully engages you in discovering how the human body works and responds to exercise. You'll not only gain a solid foundation in exercise physiology concepts, you'll also learn how to apply these concepts on the job to optimize athletic performance and well-being. Moreover, you'll come to understand the vital health benefits of exercise and physical activity for all individuals at all ages, including special populations. Beginning with basic exercise physiology concepts, the text progressively builds your knowledge by integrating these concepts into practical discussions of nutrition and training. The text stresses a research-based approach, enabling you to locate and evaluate the evidence you need to make good decisions. Numerous examples further underscore the importance of basic concepts and research in addressing real-life challenges in exercise and athletic training.

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"The eleventh edition of this book has undergone major revisions. Identical to all previous editions, this edition of Exercise Physiology: Theory and Application to Fitness and Performance is intended for students interested in exercise physiology, medicine, clinical exercise physiology, exercise science, human performance, physical therapy, and physical education. The objective of this text is to provide the student with an up-to-date understanding of the physiology of exercise. Moreover, the book contains numerous clinical applications including a discussion of the benefits of exercise for multiple sclerosis patients and the latest information on sports-related brain injuries. This book is intended for a one-semester, upper-level undergraduate or beginning graduate exercise physiology course. Clearly, the text contains more material than can be covered in a single 15-week semester. This is by design. The book was written to be comprehensive and afford instructors the freedom to select the material that they consider to be the most important for their course. Furthermore, if desired, the book could be used in a two-semester sequence of exercise physiology courses (e.g., Exercise Physiology I and II) to cover the entire 25 chapters contained in the text"--

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Written by international experts in physiology, exercise physiology, and research, ACSM's Advanced Exercise Physiology gives students an advanced level of understanding of exercise physiology. It emphasizes the acute and chronic effects of exercise on various physiological systems in adults and the integrative nature of these physiological responses. Chapters detail how different body systems respond to exercise. Systems include nervous, skeletal, muscular, respiratory, cardiovascular, gastrointestinal, metabolic, endocrine, immune, renal, and hematopoietic systems. Additional chapters explain how these responses are altered by heat, cold, hypoxia, microgravity, bed rest, and hyperbaria. Milestones of Discovery pages describe classic or memorable experiments in exercise physiology.

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environmental stresses and how basic physiology informs practical decisions. This new edition expands the coverage of practical applications, extends on our growing scientific knowledge of exercise physiology, explores the topic of “Exercise is Medicine”, and offers more guidance on finding reliable research-based answers to real-life questions. New content, as well as updated coverage of the endocrine system, applying research, nutritional support, and environmental effects make this the perfect resource to support the diverse case scenarios seen by personal trainers, strength coaches, fitness instructors, athletic trainers, and other exercise professionals.

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