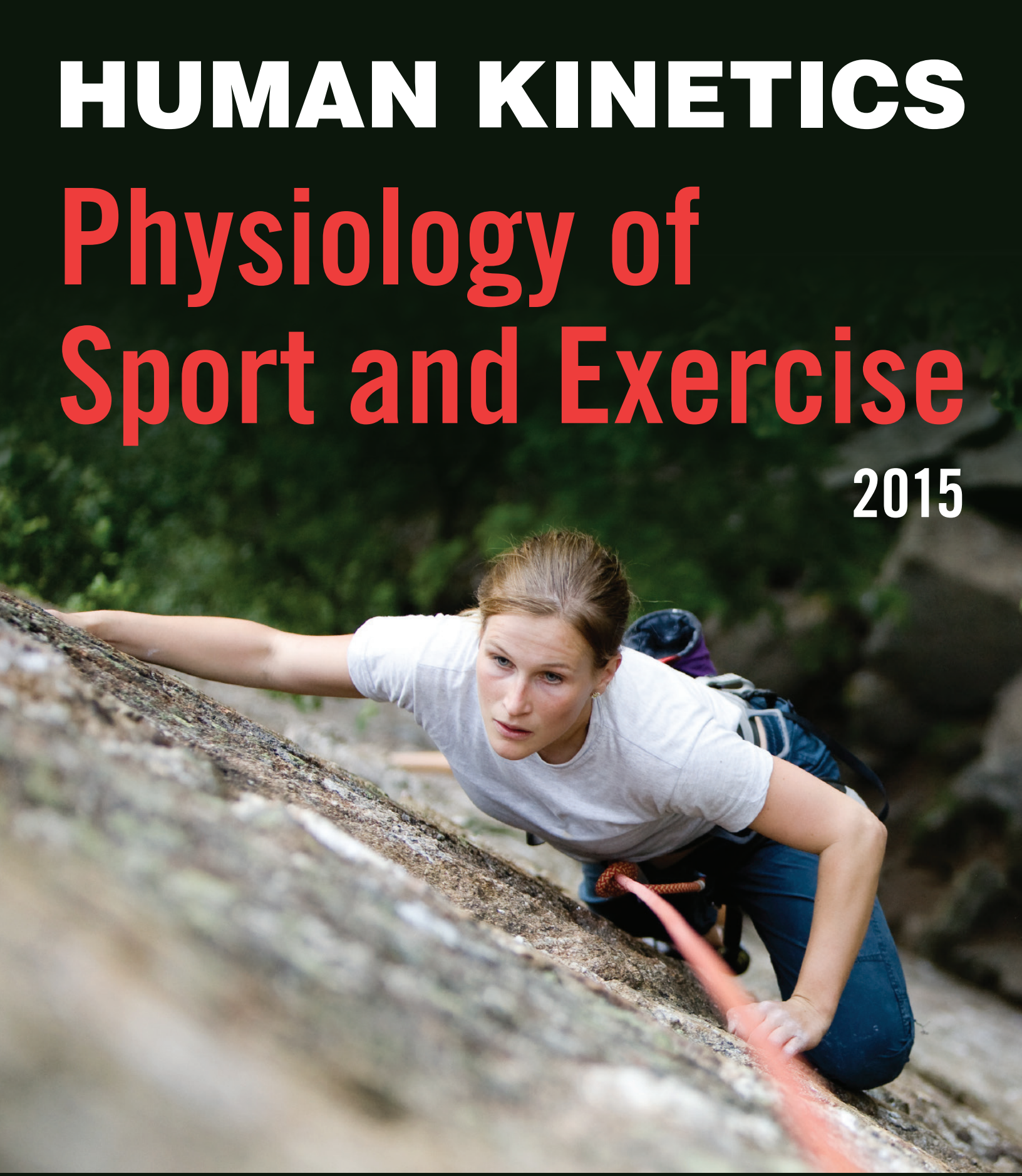
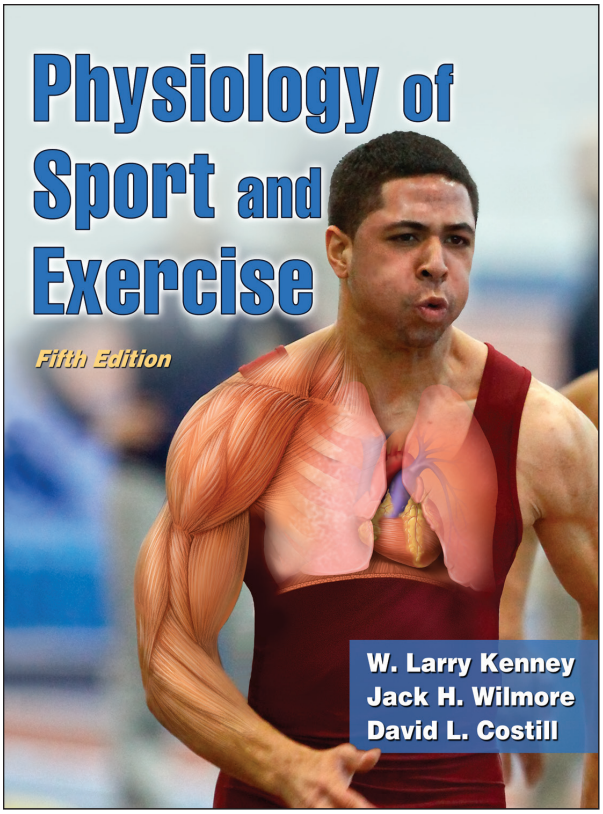
HUMAN KINETICS

Physiology of Sport and Exercise

2015



HUMAN KINETICS
The Information Leader in Physical Activity & Health



New edition coming summer 2015

Animations

Physiology of Sport and Exercise, Fifth Edition, has been improved with full-color animations to supplement the text. This upgraded ancillary brings 18 full-color art animations to life to offer a higher level of detail and clarity to better illustrate how the body performs and responds to physical activity. The animations are now available as an ancillary resource, and have been incorporated into the student web study guide. They are also included in the enhanced e-book format, featuring the same trusted content found in the print edition, available from the Apple iBookstore, Amazon, and Barnes & Noble.

Explore the body's response to physical activity

Audiences: *Textbook for undergraduate courses in exercise physiology.*

Physiology of Sport and Exercise, Fifth Edition With Web Study Guide, delivers superior technical content while maintaining the accessible, reader-friendly format that has made this textbook a favorite of instructors and students alike. 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.

Physiology of Sport and Exercise, Fifth Edition, features updated content based on recent research in the field, including the following:

- A complete rewrite of the chapters on resistance training, including updated strength training principles based on the ACSM position stand and new sections on core strength, stability training, and high-intensity interval training (HIIT)
- 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

Physiology of Sport and Exercise, Fifth Edition With Web Study Guide
W. Larry Kenney, PhD, Jack H. Wilmore, PhD, and David L. Costill, PhD
©2012 • Hardback • 640 pp
Print: ISBN 978-0-7360-9409-2 • $108.00 (£64.99 UK, €84.50 EURO)
E-book: ISBN 978-1-4504-2108-9 • $57.00 (£38.99 UK, €50.70 EURO)
HK Rewards members: $86.40 US (print) • $45.60 US (e-book)

Ancillaries

Free to course adopters and available at
www.HumanKinetics.com/PhysiologyOfSportAndExercise.

Instructor guide. Includes sample lecture outlines, key points, and student assignments for every chapter in the text, along with sample laboratory exercises, and direct links to a wide range of detailed sources on the Internet.

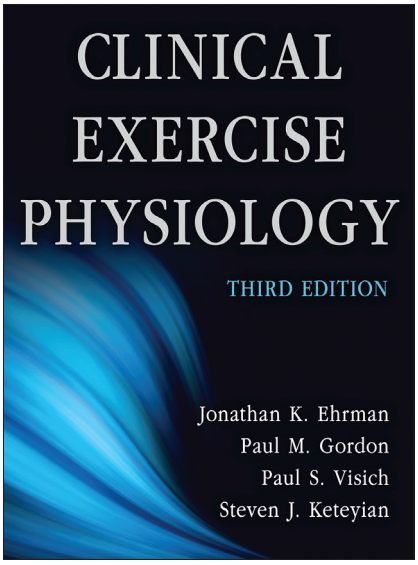
Test package. Features a bank of more than 1,600 questions, including true-or-false, fill-in-the-blank, essay and short-answer, and multiple-choice. The test package is available for use through multiple formats, including a learning management system, Respondus, and rich text.

Presentation package plus image bank. Includes 1,171 PowerPoint slides of text, photos, and artwork from the book that instructors can use for class discussion and illustration. The image bank features all of the improved illustrations and artwork, content photos, and tables from the text, sorted by chapter.

The presentation package plus image bank is also available for purchase.
ISBN 978-1-4504-1400-5 • $304.00 (£249.99 UK, €325.00 EURO)

Web study guide. Includes learning activities, a Key Terms activity in each chapter, quizzes, a glossary of terms, and links to professional journals as well as information on organizations and careers. In addition, art animations bring 18 images and figures from the text to life, providing a dynamic new way to experience course material.

The web study guide is also available for purchase separately.
ISBN 978-1-4504-2345-8 • $30.00 (£9.99 UK, €13.00 EURO)



Investigate the relationship between exercise and chronic disease

Audiences: *Text for upper-undergraduate and graduate-level clinical exercise physiology courses; study resource for the ACSM Registered Clinical Exercise Physiologist exam.*

Clinical Exercise Physiology, Third Edition, provides a comprehensive look at the clinical aspects of exercise physiology by thoroughly examining the relationship between exercise and chronic disease. It provides students with fundamental knowledge of disease-specific pathology and treatment guidelines while also guiding readers through exercise testing and training principles for patients with chronic diseases.

The third edition builds on information presented in the previous editions with reorganized chapters, updated and revised content, and the latest information on the key practice areas of clinical exercise physiology: endocrinology, the metabolic system, the cardiovascular system, the respiratory system, oncology, the immune system, bone and joint health, and the neuromuscular system.

Updates to this edition include the following:

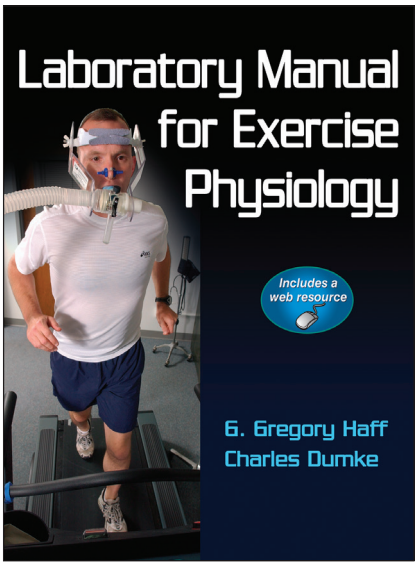
- Patient case studies allow students to gain additional insight regarding the material and put their knowledge into practice.
- A new chapter on intellectual disability lends evidence to how the field has evolved in considering patients with more widely diagnosed diseases and conditions.
- Practical application boxes offer tips on maintaining a professional environment for client–clinician interaction, a literature review, and a summary of the key components of prescribing exercise.
- Discussion questions highlight important concepts to encourage critical thinking.

Clinical Exercise Physiology, Third Edition
Jonathan K. Ehrman, PhD, Paul M. Gordon, PhD, Paul S. Visich, PhD, and Steven J. Keteyian, PhD
©2013 • Hardback • 776 pp
Print: ISBN 978-1-4504-1280-3 • $94.00 (£63.99 UK, €83.20 EURO)
E-book: ISBN 978-1-4504-5898-6 • $52.00 (£35.99 UK, €46.80 EURO)
HK Rewards members: $75.20 US (print) • $41.60 US (e-book)

Ancillaries

Free to course adopters and available at **www.HumanKinetics.com/ClinicalExercisePhysiology**.
Test package • Presentation package plus image bank

The presentation package plus image bank is also available for purchase.
ISBN 978-1-4504-4254-1 • $295.00 (£238.99 UK, €310.70 EURO)



Hands-on training for exercise physiology testing and data analysis

Audiences: *Textbook for undergraduate exercise physiology laboratory courses or other exercise science lab courses covering measurement and evaluation.*

Laboratory Manual for Exercise Physiology With Web Resource covers basic testing procedures used in the assessment of human performance, health, and wellness, exposing students to testing that can be applied in a variety of professional settings. The book's 15 labs, encompassing 49 laboratory activities, lead students through a series of learning opportunities that explore the basics of testing and pretest screening as well as methods of evaluating flexibility, blood pressure, oxygen consumption and energy expenditure, aerobic and anaerobic fitness, lactate metabolism, muscular strength, pulmonary function, body composition, and electrocardiogram assessments.

Instructors will find that *Laboratory Manual for Exercise Physiology* offers great flexibility in choosing the activities that suit the needs of their course and their students. The activities can be adapted to specific lab settings, available equipment, and time allotted.

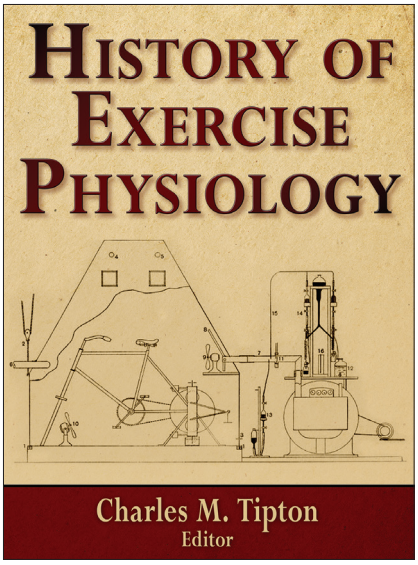
Laboratory Manual for Exercise Physiology: Predictions, Equations, and Test Methods With Web Resource
G. Gregory Haff, PhD, and Charles Dumke, PhD
©2012 • Paperback • 464 pp
Print: ISBN 978-0-7360-8413-0 • $72.00 (£48.99 UK, €63.70 EURO)
E-book: ISBN 978-1-4504-2119-5 • $38.00 (£25.99 UK, €33.80 EURO)
HK Rewards members: $57.60 US (print) • $30.40 US (e-book)

Ancillaries

Free to course adopters and available at **www.HumanKinetics.com/LaboratoryManualForExercisePhysiology**.
Image bank • Web resource

The image bank is also available for purchase.
ISBN 978-1-4504-1337-4 • $304.00 (£249.99 UK, €325.00 EURO)

The web resource is also available for purchase separately.
ISBN 978-1-4504-2575-9 • $20.00 (£9.99 UK, €13.00 EURO)



New!

Access the leading authorities on exercise physiology in a single source

Audiences: *A comprehensive reference and textbook primarily for students in upper-level courses on special topics in exercise physiology.*

History of Exercise Physiology brings together leading authorities in the profession to present this first-of-its-kind resource that is certain to become an essential reference for exercise physiology researchers and practitioners. The contributing authors were selected based on their significant contributions to the field, including many examples in which they were part of seminal research. The result of this vast undertaking is the most comprehensive resource on exercise physiology research ever compiled.

Exercise physiology research is ongoing, and its knowledge base is stronger than ever. But today's scholars owe much of their success to their predecessors. The contributors to this book believe it is essential for exercise physiologists to understand the past when approaching the future, and they have compiled this reference to aid in that process. The text includes the following features:

- A broad scope of the primary ideas and work done in exercise physiology from antiquity to the present
- A review of early contributions to exercise physiology made by Scandinavian scientists, the Harvard Fatigue Laboratory, German laboratories, and the Copenhagen Muscle Research Centre
- The incorporation of molecular biology into exercise biology and physiology research that paved the way for exercise physiology
- An explanation of the relationship between genomics, genetics, and exercise biology
- An integrative view of the autonomic nervous system in exercise
- An examination of central and peripheral influences on the cardiovascular system
- An in-depth investigation and analysis of how exercise influences the body's primary systems
- A table in most chapters highlighting the significant research milestones

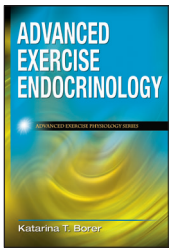
Well illustrated with figures and photos, *History of Exercise Physiology* helps readers understand the research findings and meet the most prominent professionals in the field. From studying great thinkers of antiquity and cutting-edge work done by pioneers at research institutions, to exploring the inner workings of all the body's systems, researchers will gain a precise understanding of what happens when human bodies move—and who influenced and furthered that understanding.

History of Exercise Physiology
Charles M. Tipton, PhD, Editor
©2014 • Hardback • 608 pp
Print: ISBN 978-0-7360-8369-0 • $119.00 (£80.99 UK, €105.30 EURO)
E-book: ISBN 978-1-4504-8235-6 • $65.00 (£43.99 UK, €57.20 EURO)
HK Rewards members: $95.20 US (print) • $52.00 US (e-book)

Table of Contents

Advanced Exercise Physiology Series

This series offers books for advanced undergraduate and graduate students as well as professionals in exercise science and kinesiology. The books highlight the complex interaction of the components of the various systems both at rest and during exercise, and offer an explanation of the system and how it is affected by acute exercise and chronic exercise training.



Advanced Exercise Endocrinology
Katarina T. Borer, PhD
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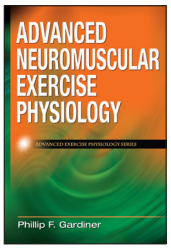

Advanced Neuromuscular Exercise Physiology
Phillip F. Gardiner, PhD
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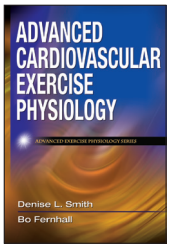

Advanced Cardiovascular Exercise Physiology
Denise L. Smith, PhD, and Bo Fernhall, PhD
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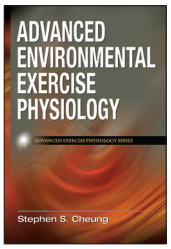

Advanced Environmental Exercise Physiology
Stephen S. Cheung, PhD
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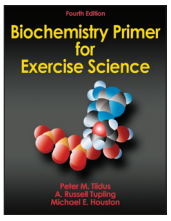
Primers in Exercise Science



Biochemistry Primer for Exercise Science, Fourth Edition
Peter M. Tiidus, PhD, A. Russell Tupling, PhD, and Michael E. Houston, PhD
©2012 • Paperback • 312 pp
Print: ISBN 978-0-7360-9605-8
$49.00 (£33.99 UK, €44.20 EURO)
E-book: ISBN 978-1-4504-3392-1
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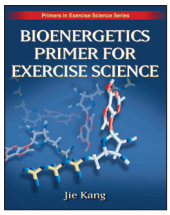

Bioenergetics Primer for Exercise Science
Jie Kang, PhD
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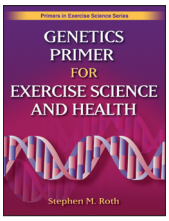

Genetics Primer for Exercise Science and Health
Stephen M. Roth, PhD
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Aging, Exercise, and Cognition Series

The three volumes in this series are essential references for researchers, professionals, and public health administrators interested in scientific evidence demonstrating the beneficial effects of regular physical activity on cognitive functioning and general health during aging.

The books in the series may be ordered as a package.
ISBN 978-0-7360-9393-4 • $129.00 (£104.99 UK, €136.50 EURO)
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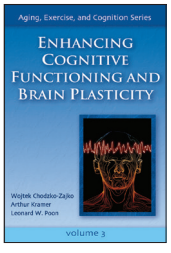

Enhancing Cognitive Functioning and Brain Plasticity
Wojtek Chodzko-Zajko, PhD, Arthur Kramer, PhD, and Leonard W. Poon, PhD
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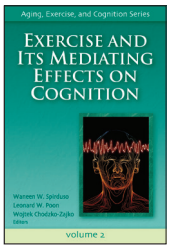

Exercise and Its Mediating Effects on Cognition
Waneen W. Spirduso, EdD, Leonard W. Poon, PhD, and Wojtek Chodzko-Zajko, PhD, Editors
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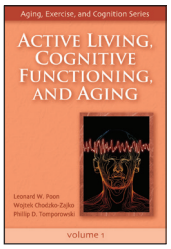

Active Living, Cognitive Functioning, and Aging
Leonard W. Poon, PhD, Wojtek Chodzko-Zajko, PhD, and Phillip D. Tomporowski, PhD
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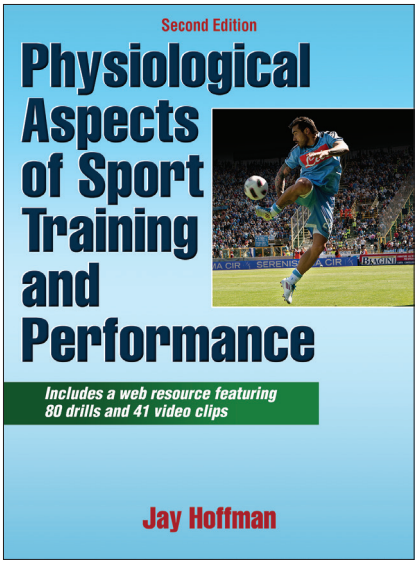


New edition!

Learn how to recognize and avoid overtraining

Audiences: *A text for upper-level undergraduate and graduate-level courses in physiology and physical conditioning; a reference for professionals in sport physiology, sports medicine, physical therapy, athletic training, and coaching.*

Physiological Aspects of Sport Training and Performance, Second Edition With Web Resource, updates and expands on the popular first edition, providing an in-depth discussion of physiological adaptation to exercise. A range of topics are covered, including environmental influences on performance, hydration status, sport nutrition, sport supplements, and performance-enhancing drugs. The book is focused on physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes.

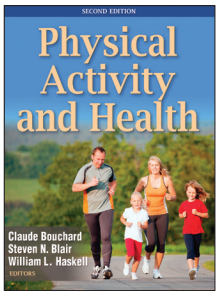
Updates in this second edition focus on cutting-edge knowledge in sport science and sports medicine, including the latest information on physiological adaptations to exercise; current trends for training for power, speed, and agility; eye-opening discussions on sport supplementation and performance-enhancing drugs; data on training with medical conditions such as diabetes and exercise-induced bronchospasm; and groundbreaking information on training in heat and cold and at altitude. In addition, new chapters offer a practical approach to the yearly training program and sudden death in sport.

Physiological Aspects of Sport Training and Performance, Second Edition With Web Resource
Jay Hoffman, PhD
©2014 • Hardback • 520 pp
Print: ISBN 978-1-4504-4224-4 • $89.00 (£60.99 UK, €79.30 EURO)
E-book: ISBN 978-1-4504-6608-0 • $49.00 (£33.99 UK, €44.20 EURO)
HK Rewards members: $71.20 US (print) $39.20 US (e-book)

Ancillaries

Free to course adopters and available at **www.HumanKinetics.com/PhysiologicalAspectsOfSportTrainingAndPerformance.**
Image bank

The image bank is also available for purchase.
ISBN 978-1-4504-6504-5 • $295.00 (£238.99 UK, €310.70 EURO)



Evidence for the benefits of a physically active lifestyle

Physical Activity and Health, Second Edition, brings together the results of studies on the relationship between physical activity, sedentarism, and various health outcomes. The text identifies sedentary habits and poor fitness as major public health problems and examines the potential of physical activity to prevent disease and enhance quality of life.

Updates to the second edition include a chapter on the physiology of inactivity and the effects of sedentary behavior even in people who engage in appropriate amounts of physical activity; coverage of physical activity, aging, and the brain, including a new chapter on the relationship between physical activity and brain structures and functions; and a chapter on the development of national and international physical activity and health guidelines, helping students understand how scientific findings are converted into practical recommendations.

Physical Activity and Health, Second Edition
Claude Bouchard, PhD, Steven N. Blair, PED, and William L. Haskell, PhD, Editors
©2012 • Hardback • 456 pp
Print: ISBN 978-0-7360-9541-9 • $93.00 (£62.99 UK, €81.90 EURO)
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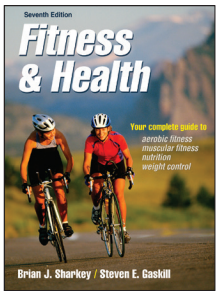

Understand the exercise–health relationship

Fitness & Health, Seventh Edition, offers a comprehensive understanding of the exercise–health relationship and provides a framework for attaining health and fitness goals. This handbook explores the physiology and benefits of fitness while also providing information and tools for improving health and wellness.

Updates to the seventh edition include:

- A new chapter detailing behavior change, helping readers understand the psychology of activity and how to modify individual behaviors
- Proven methods for achieving aerobic and muscular fitness, plus strategies for exercising in extreme conditions
- New information on physical activity and brain health
- A detailed explanation of the Exercise is Medicine movement

Fitness & Health, Seventh Edition
Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
©2013 • Paperback • 456 pp
Print: ISBN 978-0-7360-9937-0 • $37.00 (£24.99 UK, €32.50 EURO)
E-book: ISBN 978-1-4504-4825-3 • $20.00 (£13.99 UK, €18.20 EURO)
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Ancillaries

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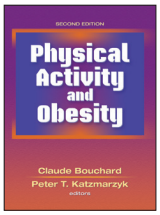
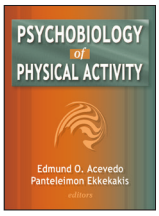
www.HumanKinetics.com/FitnessAndHealth.
Instructor guide • Test package • Presentation package plus image bank

The presentation package plus image bank is also available for purchase.
ISBN 978-1-4504-4180-3 • $295.00 (£239.99 UK, €288.00 EURO)



Physical Activity and Obesity, Second Edition
Claude Bouchard, PhD, and Peter T. Katzmarzyk, PhD, Editors
©2010 • Hardback • 432 pp
Print: ISBN 978-0-7360-7635-7
$88.00 (£61.99 UK, €80.60 EURO)
E-book: ISBN 978-0-7360-8657-8
$64.00 (£43.99 UK, €57.20 EURO)
HK Rewards members: $70.40 US (print) • $51.20 US (e-book)



Psychobiology of Physical Activity
Edmund O. Acevedo, PhD, and Panteleimon Ekkekakis, PhD, Editors
©2006 • Hardback • 296 pp
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$88.00 (£59.99 UK, €78.00 EURO)
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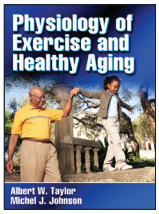

Physiology of Exercise and Healthy Aging
Albert W. Taylor, Phd, DSc, and Michel J. Johnson, PhD
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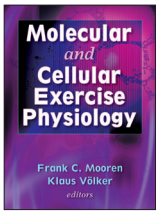

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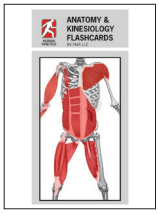

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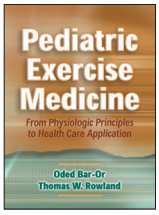

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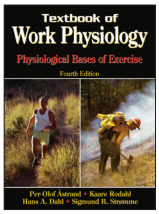

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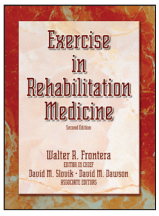

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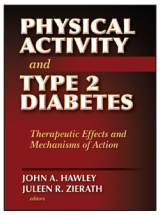

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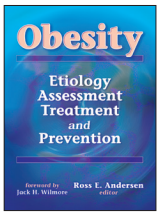

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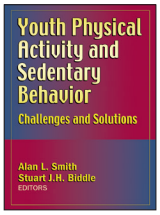

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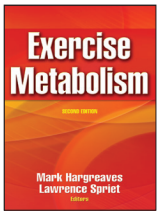

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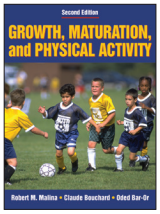

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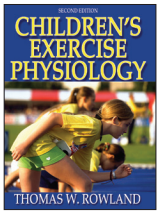

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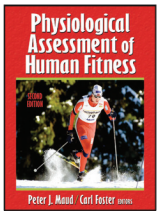

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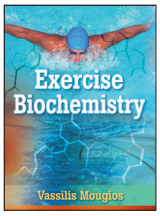

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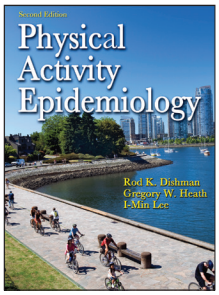

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Physical Activity Epidemiology, Second Edition
Rod K. Dishman, PhD, Gregory W. Heath, DHSc, MPH, and I-Min Lee, MBBS, MPH, ScD
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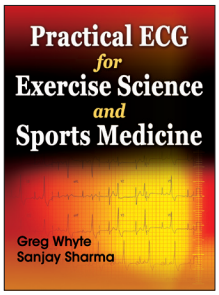

Sharpen your ECG diagnostic skills

An essential reference for students and practitioners working with exercise electrocardiograms (ECGs), *Practical ECG for Exercise Science and Sports Medicine* guides students from theory to applied interpretation of normal and abnormal exercise electrocardiogram traces. This resource offers clear protocols for ECGs with an emphasis on athletes. With over 70 ECG readouts to examine, students can practice and refine their ECG interpretation skills and increase their understanding of heart conditions identifiable through ECG testing. Troubleshooting tips throughout provide quick solutions to problems that may occur during ECG testing, and detailed information on interpreting the ECGs is provided for numerous conditions that practitioners are likely to encounter in real-life practice.

Practical ECG for Exercise Science and Sports Medicine
Greg Whyte, PhD, and Sanjay Sharma, MD
©2010 • Paperback • 176 pp
Print: ISBN 978-0-7360-8194-8 • $35.00 (£24.99 UK, €32.50 EURO)
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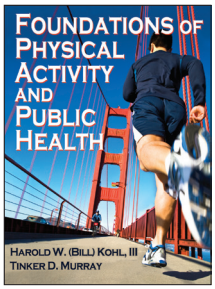

Learn how kinesiology can help promote public health

Foundations of Physical Activity and Public Health offers a solid introduction to the concepts of public health and kinesiology, the techniques used to measure physical activity, and the health effects of exercise and physical activity. The scientific findings and applications that led to the emergence of the field of physical activity and public health are also examined. Students will come away with a greater understanding of how experts from both fields can work together to advance the use of physical activity for the prevention and treatment of chronic disease and other health issues.

Examples of successful programs from various settings, including community-wide and school-based interventions, help students understand how to apply the theory to practice. Students also learn the concepts of evaluation of physical activity programs as well as logic models, evaluation designs, data collection, and analysis.

Foundations of Physical Activity and Public Health
Harold W. (Bill) Kohl, III, PhD, MSPH, and Tinker D. Murray, PhD
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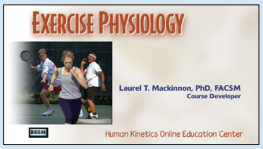

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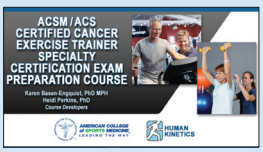

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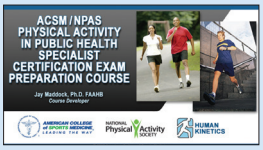

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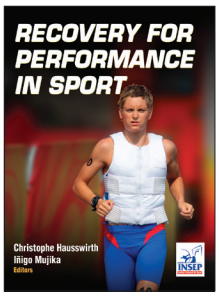

Learn techniques and strategies for optimal recovery

Recovery for Performance in Sport presents techniques and modalities currently used to enhance athletes' recovery, optimize training time, and avoid overtraining. This text encompasses scientific research in the study of recovery and draws from the experience of applied sport scientists working with elite athletes in leading performance and recovery centers. Students will find proven strategies for enhancing the recovery process and learn the importance of structuring an individualized and evidenced-based recovery plan for improving performance.

Recovery for Performance in Sport
Institut National du Sport, de l'Expertise et de la Performance (INSEP)
Christophe Hausswirth, PhD, and Iñigo Mujika, PhD, Editors
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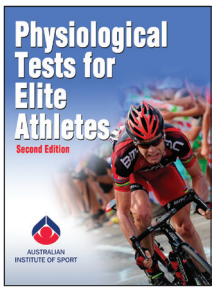

Essential resource for lab and field testing of elite athletes

Physiological Tests for Elite Athletes, Second Edition, presents protocols used for assessing high-level athletes. This text leads students through generalized testing procedures for determining anaerobic capacity, neuromuscular power, blood lactate thresholds, VO_2max, and more. It also presents principles and protocols for common lab- and field-based assessments of body composition and physique, agility, strength, and power as well as perceptual and decision-making capabilities. Testing protocols for 18 sports are introduced, and normative data collected from athletes competing at national and international levels serve as excellent reference points for measuring elite athletes.

Physiological Tests for Elite Athletes, Second Edition
Australian Institute of Sport
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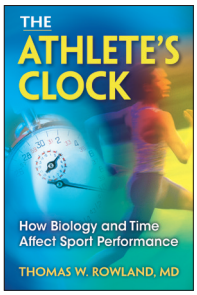

Study the effects of time on sport performance

The Athlete's Clock: How Biology and Time Affect Sport Performance offers an engaging, interdisciplinary consideration of some of the most compelling questions in sport and exercise science. This unique text takes a broad look at the physiological clock, offering students, researchers, coaches, and athletes a unique approach to understanding how various aspects of time affect sport performance. *The Athlete's Clock* explores the ways in which time and its relationship to athletic effort can optimize sport performance, and seeks to provoke thought and further research that look at the relationship between biology, time, and performance as well as an understanding of and appreciation for the intricacies of human potential.

The Athlete's Clock: How Biology and Time Affect Sport Performance
Thomas W. Rowland, MD
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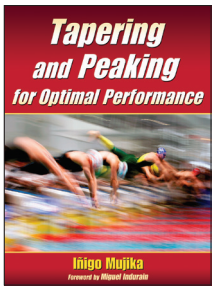

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Tapering and Peaking for Optimal Performance
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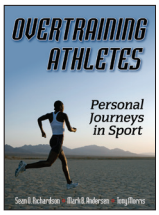

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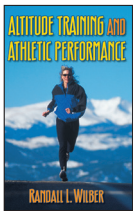

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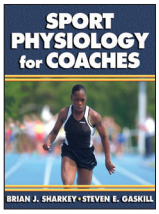

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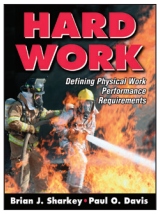

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Brian J. Sharkey, PhD, and Paul O. Davis, PhD
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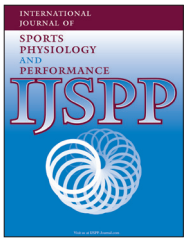

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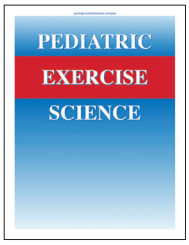
The *International Journal of Sports Physiology and Performance (IJSPP)* publishes authoritative research in sports physiology and related disciplines that has direct practical application in enhancing sport performance, preventing declines in performance, and enhancing recovery of athletes. *IJSPP* is an international peerreviewed journal dedicated to advancing the knowledge of sport and exercise physiologists, sport performance researchers, sport physicians, coaches, students, and other sport scientists.

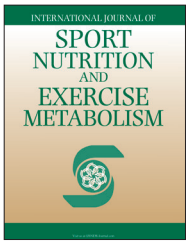
International Journal of Sports Physiology and Performance
Editor: Ralph Beneke, PhD, MD
Frequency: Bimonthly (January, March, May, July, September, November)
Current Volume: 9 (2014)
Online format ISBN: 978-0-7360-6172-8
Online format ISSN: 1555-0273
Visit **www.HumanKinetics.com/IJSPP** for pricing and submission information.



Get the latest research from the pediatric exercise field

Pediatric Exercise Science (PES) focuses on 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.

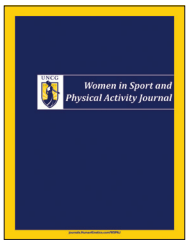
Pediatric Exercise Science
Editor: Bareket Falk, PhD
Frequency: Quarterly (February, May, August, November)
Current Volume: 26 (2014)
Online format ISBN: 978-0-7360-5314-3
Online format ISSN: 1543-2920
Visit **www.HumanKinetics.com/PES** for pricing and submission information.



Explore 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. *IJSNEM* is both an important outlet for international research and a vital resource for professionals in the many fields related to nutrition and metabolism. The journal presents research findings and features articles that relate principles from biochemistry and physiology to nutrition in sport and exercise.

International Journal of Sport Nutrition and Exercise Metabolism
Editor: Ronald J. Maughan, PhD
Frequency: Bimonthly (February, April, June, August, October, December)
Current volume: 24 (2014)
Online format ISBN: 978-0-7360-4844-6
Online format ISSN: 1543-2742
Visit **www.HumanKinetics.com/IJSNEM** for pricing and submission information.



New HK journal!

Advancing the role of women in sport and physical activity

Women in Sport and Physical Activity Journal (WSPAJ) is a peer-reviewed scholarly journal devoted to advancing the understanding of women in sport and physical activity. This established journal publishes articles related to women's sport and physical activity across the full range of disciplinary perspectives. *WSPAJ* aims to facilitate opportunities for girls and women to enjoy and benefit from sports and other physical activities.

Women in Sport and Physical Activity Journal
Editor: Diane L. Gill, PhD
Frequency: Semiannual (April, October)
Current Volume: 22 (2014)
Online format ISBN: 978-1-4925-0178-7
Online format ISSN: 1938-1581
Visit **www.HumanKinetics.com/WSPAJ** for pricing and submission information.

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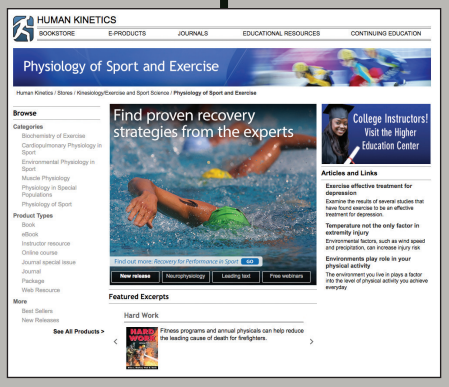

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