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CD-ROM \*includes the textbook, study materials, links to relevant internet material and/or animations.\*  
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.

\*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\*\*.

ACSM 's Clinical Exercise Physiology adapts and expands upon the disease-related content from ACSM 's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom textbook. This new resource offers research-based coverage of more than 35 conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are organized by disease types and then divided into sections that cover specific conditions from a pathological and etiological perspective. To provide a complete view of clinical exercise physiology, the book also covers important considerations and foundational elements, such as screening, pharmacology, and electrocardiography. As an American College of Sports Medicine publication, the text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

Laboratory Manual for Exercise Physiology, Second Edition With HKPropel Access, provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings. Written by experts G. Gregory Haff and Charles Dumke, the text builds upon the success of the first edition with full-color images and the addition of several new online interactive lab activities . The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities. Each laboratory chapter provides a complete lesson, including objectives, definitions of key terms, and background information that sets the stage for learning. Each lab activity supplies step-by-step procedures, providing guidance for those new to lab settings so that they may complete the procedures. New features and updates in this edition include the following: Related online learning tools delivered through HKPropel that contain 10 interactive lab activities with video to enhance student learning and simulate the experience of performing the labs in the real world A completely new laboratory chapter on high-intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking, running, and cycling New research and information pertaining to each laboratory topic A lab activity finder that makes it easy to locate specific tests In addition to the interactive lab activities, which are assignable and trackable by instructors, HKPropel also offers students electronic versions of individual and group data sheets of standards and norms, question sets to help students better understand laboratory concepts, and case studies with answers to further facilitate real-world application. Chapter quizzes (assessments) that are automatically graded may also be assigned by instructors to test comprehension of critical concepts. Organized in a logical progression, the text builds upon the knowledge students acquire as they advance. Furthermore, the text provides multiple lab activities and includes an equipment list at the beginning of each activity, allowing instructors flexibility in choosing the lab activities that will best work in their facility. Laboratory Manual for Exercise Physiology, Second Edition With HKPropel Access, exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings. As such, the text serves as a high-quality resource for basic laboratory testing procedures used in assessing human performance, health, and wellness. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

Applied Exercise & Sport Physiology, Fourth Edition, presents theory and application in an appealing, balanced, and manageable format. By providing an essential introduction to the systems of the human body and covering important aspects of exercise and sport physiology, it will be a useful resource for students as they learn to become exercise science professionals, physician's assistants, physical therapists, physical educators, or coaches. It provides the right amount of practical information they will need to apply in hospitals, clinics, schools, and settings such as health clubs, youth sport leagues, and similar environments. The authors have carefully designed the material to be covered easily in one semester, in an introductory course, but the book can also serve as a foundation for advanced courses. Its 18 lab experiences are matched to relevant chapters and complement the topics covered; they allow readers to apply physiological principles to exercise and sport, provide opportunities for hands-on learning and application of the scientific principles, and often don't require complex equipment.

Build the foundation of scientific knowledge and practical decision-making skills needed to excel in an exercise training career Master the core concepts of exercise physiology and learn how to apply them to the real-world challenges of exercise training with Exercise Physiology: Integrating Theory and Application, Third Edition. Designed to connect theory to practice, this engaging, accessible text gives students a thorough understanding of how the body adapts to exercise and environmental stresses and how basic physiology informs practical decisions. This new edition expands the coverage of practical applications, extends 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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