Understand the relationship between physical activity and health

**Audiences:** A comprehensive textbook for undergraduate and graduate students in kinesiology, exercise science, physical education, public health, health promotion, preventive medicine, and human biology.

Sedentary habits have been identified as a major public health problem in many countries. The timely *Physical Activity and Health* addresses an unmet need by providing a comprehensive treatment of the relationship between physical activity and health outcomes.

*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 and clear 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.

Written by Claude Bouchard and other leading scientists from around the world, this richly illustrated textbook offers information unmatched in accuracy and reliability. Where other books have simply promoted physical activity for the individual or a population, this book completely integrates and examines the relationship between physical activity and 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, including cardiovascular morbidities, mental health, and all-cause mortality. It also focuses on the prevention of diseases, quality of life, and well-being.

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- providing a history of physical activity, including how levels of physical activity have changed over time and how this has affected the overall health of society;
- highlighting the differences in the effects of physical activity on fitness across age, gender, and ethnic groups;
- describing how various systems of the human body respond to physical activity;
- illustrating the relationship between physical activity and health concerns such as obesity, diabetes, cancer, and mental health;
- offering guidance for determining the proper amount and type of exercise to be undertaken; and
- suggesting new directions for research in this growing and changing field.

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, including cardiovascular morbidities, mental health, and all-cause mortality. It also focuses on the prevention of diseases, quality of life, and well-being.
“...Clearly (the) textbook leader for undergraduate exercise physiology classes.”

Doody’s Review Service

Audiences: Text for undergraduate and graduate courses in exercise physiology.
Reference for exercise scientists; sports medicine specialists, including physicians, athletic trainers, kinesiotherapists, and sports physical therapists; physical educators; fitness specialists; and graduate students in exercise science.

Physiology of Sport and Exercise, Third Edition, is now automatically packaged with an access code for the online student guide. With the inclusion of the access code in the text, students will be reminded to access the Web site and use its functionality more readily. The convenient Web site format allows students to practice, review, and develop knowledge and skills about the physiology of sport and exercise.

The online student guide corresponds directly with the content in the book and will help students more easily comprehend the material the authors present. The student guide includes questions and activities to test students as they prepare for quizzes and exams. It also provides dynamic and interactive learning activities, all of which can be conducted outside the lab. Students will be able to apply the key concepts by conducting self-made experiments and recording their own physiological responses to exercise. In addition, students will be able to access links to professional journals as well as organization and career information.

The textbook, developed by respected and renowned authors Jack Wilmore and David Costill, presents a solid foundation of basic exercise physiology. The third edition of Physiology of Sport and Exercise offers an improved version of this comprehensive resource that frames the latest and most significant research findings in a reader-friendly format and makes it easier—and more exciting—than ever for students to learn and for teachers to teach. Now, your students can further develop their understanding of the body’s ability to perform physical work, adapt to stressful situations, and improve its physiological capacities.

Physiology of Sport and Exercise, Third Edition Package preserves all the most popular attributes of the previous editions, including well-organized chapters, student-friendly writing, and more than 300 color graphs and illustrations explaining key concepts. Packaged with the online student guide, Physiology of Sport and Exercise, Third Edition, clearly redefines the discipline’s standard for textbooks.

Ancillaries

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

Instructor guide. Includes sample course syllabi, sample lecture outlines, suggestions for class projects and student assignments, key points, references for the presentation package, laboratory experiences for case studies, and direct links to detailed sources on the Internet for every chapter in the text.

Test package. Created with Respondus 2.0, the test bank includes more than 1,200 questions in true-or-false, fill-in-the-blank, essay and short-answer, and multiple-choice formats.

Presentation package. Contains more than 930 PowerPoint slides for each chapter, with learning objective slides, text slides with key points, and illustration and photo slides with graphics from the text. Instructors can easily add, modify, or rearrange the order of the slides as well as search for images based on key words.

Learn the main principles of exercise physiology

In this interactive continuing education 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 your daily practices. The course concludes with an online exam.

For a free course preview or to register, log on to www.hkeducationcenter.com!
An innovative approach to how exercise affects the body

*Audiences*: Professional reference for exercise physiologists, sports medicine specialists, sport nutritionists, and exercise biochemists; text for upper-level undergraduate and graduate students in exercise physiology, sport and nutrition, and human biology.

*Molecular and Cellular Exercise Physiology* provides cutting-edge information on how exercise modulates cellular physiology. This information may be used to develop better training regimens and injury-prevention and rehabilitation programs, and to improve performance. The book is unique in that it is the first comprehensive text to address the effects of physical activity on the cellular and molecular level.

*Molecular and Cellular Exercise Physiology* highlights the potential of physical training in the prevention and treatment of chronic diseases while thoroughly exploring fundamental cellular and molecular mechanisms responsible for changes in stroke volume, blood gas homeostasis, pH alterations, blood pressure, and osmosis in response to exercise. The text also explains how the exercise effects are mediated and translated into specific cellular and subcellular alterations.

Discover the effect of an active lifestyle on cognitive functions

*Audiences*: A reference for exercise science researchers and professionals, cognitive gerontologists, health science and medical researchers, and public health practitioners. A supplemental text for graduate courses related to the topics of physical activity, cognitive functioning, and aging.

*Active Living, Cognitive Functioning, and Aging* is the first volume in Human Kinetics’ Aging, Exercise, and Cognition series. In this volume, internationally known experts present state-of-the-art findings related to exercise and cognitive functioning of older adults. The book’s review of research on pertinent issues in measurement and physiological mechanisms will update your knowledge while challenging your current thinking.

Using a multidisciplinary approach, *Active Living, Cognitive Functioning, and Aging* provides cutting-edge information on the status of research evidence; future directions of research; advances in measurement; key issues related to aging, physical activity, cognition, and putative mechanisms; the potential of intervention programs that positively influence cognition; and implications for public policy making for healthier older adults.

*Active Living, Cognitive Functioning, and Aging* will raise consciousness among researchers, practitioners, policy makers, and the public about the beneficial effects of an active lifestyle on the mind during the aging process.

*Active Living, Cognitive Functioning, and Aging* ©2006 • Hardback • 264 pp • ISBN 978-0-7360-5785-1
$45.00 ($61.95 CDN, £30.50 UK, €45.75 EURO, $79.75 AUS, $94.50 NZ)

Covers 24 diseases and conditions

*Audiences*: Study resource for ACSM Clinical Exercise Physiology Registry Program candidates; 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 in the field, *Clinical Exercise Physiology* is an expansive resource that provides solid 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 addresses the important issues for clinical exercise physiologists to understand about the special populations of children, the elderly, and female athletes.

Each chapter covers the scope of the condition; its physiology and pathophysiology; and treatment options; clinical considerations, including the administration of a graded exercise test; and exercise prescription specific to the condition.

$75.00 ($102.95 CDN, £51.00 UK, €76.50 EURO, $133.10 AUS, $157.50 NZ)
Sports physiology research applied to sports performance

The International Journal of Sports Physiology and Performance (IJSSPP) is the only journal that publishes authoritative research in sports physiology and related disciplines that has direct practical application in both improving and preventing declines in sport 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 have focused on exercise physiology research, IJSPP bridges a gap in the literature between theory and practical application.

IJSSPP welcomes submissions!
For complete guidelines, visit www.HumanKinetics.com/IJSPP/JournalSubmissions.cfm

Print and online version ISBN: 978-0-7360-6173-5
Frequency: Quarterly (March, June, September, December)
Current volume: 2 (2007)

Subscription rates for print and online versions of IJSPP* (including shipping):

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*Individuals and students receive both the print and online versions of a journal at the same price as either the print or the online version alone!


Develop effective training programs

Sport Physiology for Coaches is designed to help current and future coaches assess, refine, enhance, and improve athlete performance through an applied approach to exercise physiology. This practical, user-friendly text not only covers training essentials for muscular and energy fitness, but also provides the hands-on assessments, forms, and training plans to implement the concepts in training regimens.

To guide readers in the development of a program for their specific sports, the book includes sample programs for skill, power, power endurance, intermittent, and aerobic activity. Readers will learn the principles behind muscular and energy fitness development, differentiate between myth and science, and enhance, and improve athlete performance. This practical, user-friendly text not only covers training essentials for muscular and energy fitness, but also provides the hands-on assessments, forms, and training plans to implement the concepts in training regimens.

Teach sport skills effectively

Sport Skill Instruction for Coaches is designed to help coaches and students teach the skills athletes need to perform at their best. This practical, user-friendly text addresses the key questions facing every coach: Who are the athletes I’m coaching? What are the skills I need to teach? How do I teach them effectively?

Exercise Physiology for Health Care Professionals
Frank J. Groff, PhD, and Harold W. Burton, PhD
$180.00 ($268.95 CDN, £135.00 UK, €180.00 EURO, $225.00 NZ)

Exercise-Induced Asthma
Kenneth W. Rundell, PhD, Randall L. Wilber, PhD, and Robert F. Lemanske Jr., MD, Editors
©2002 • Hardback • 230 pp • ISBN 978-0-7360-1300-7
$140.00 ($210.00 CDN, £105.00 UK, €140.00 EURO, $175.00 NZ)

Peripheral Nerve Injuries in the Athlete
Joseph H. Feinberg, MD, and Neil I. Spielholz, PT, PhD, FAPTA, Editors
$136.50 NZ)

Neuromuscular Aspects of Physical Activity
Phillip F. Gardiner, PhD
$55.00 ($85.50 CDN, £45.00 UK, €65.00 EURO, $85.00 NZ)

Neuromuscular Aspects of Physical Activity
Phillip F. Gardiner, PhD
©2001 • Hardcover • 250 pp • ISBN 978-0-7360-0126-7
$55.00 ($75.50 CDN, £37.50 UK, €56.25 EURO, $97.35 AUS, $115.50 NZ)

Instruction for Coaches
Available
New!

March 2007!
A classic text on work physiology

The fourth edition of the respected *Textbook of Work Physiology: Physiological Bases of Exercise* 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. This edition retains the important historical background and exercise physiology research conducted by the authors over the past 40 years. Beyond the scientific details, the book also addresses the application of this information to the fields of exercise physiology and work physiology, making the resource more useful than ever.

*Textbook of Work Physiology: Physiological Bases of Exercise, Fourth Edition*
Per-Olof Åstrand, MD, PhD, Kaare Rodahl, MD, PhD, Hans A. Dahl, MD, and Sigmund B. Strømme, PhD
©2003 • Hardback • 656 pp • ISBN 978-0-7360-0140-3
$84.00 ($112.50 CDN, £56.00 UK, €84.00 EURO, $145.20 AUS, $172.00 NZ)

Rate exertion effort with the OMNI Picture System

With *Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System* you will have the most up-to-date, innovative way to rate clients’ physical exertion in your professional practices. You will expand your knowledge of perceived exertion as used today by health and fitness specialists and clinical therapeutic practitioners, and you will learn how to apply the newly developed OMNI Picture System of perceived exertion. This text is a must-have for anyone looking for a better way to use ratings of perceived exertion to develop training programs.

*Perceived Exertion for Practitioners: Rating Effort With the OMNI Picture System*
Robert J. Robertson, PhD
©2004 • Paperback • 184 pp • ISBN 978-0-7360-4837-8
$29.00 ($39.95 CDN, £19.50 UK, €29.25 EURO, $51.70 AUS, $61.00 NZ)

Apply treatment strategies to help patients manage their weight

*Obesity: Etiology, Assessment, Treatment, and Prevention* is 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 combines a literature review with practical applications, incorporating expert analysis and synthesis of obesity treatment and prevention. It will prepare health professionals and clinicians to help patients of all ages manage this complex and pervasive disease.

*Obesity: Etiology, Assessment, Treatment, and Prevention*
Ross E. Andersen, PhD, Editor
$72.00 ($98.50 CDN, £49.00 UK, €73.50 EURO, $127.60 AUS, $151.00 NZ)

The first textbook on the epidemiology of physical activity

In one comprehensive resource, *Physical Activity Epidemiology* presents the historical background and main concepts of epidemiology, as well as discussion and summary of original research. The text explains how and why epidemiology is important as well as how it is used and applied. The first textbook dedicated solely to the epidemiology of physical activity, it is the only complete and practical resource written for both students of epidemiology and established professionals. The authors provide detailed discussion of real-life examples to enhance your understanding of physical activity epidemiology, and the book covers all the important areas, including disease mortality, risk factors, chronic diseases, and cancer and immunity.

*Physical Activity Epidemiology*
Rod K. Dishman, PhD, Gregory W. Heath, DHSc, MPH, and Richard Washburn, PhD
$62.00 ($86.95 CDN, £42.00 UK, €65.00 EURO, $110.00 AUS, $150.00 NZ)

Understand the aging process and its effects on all areas of life

*Physical Dimensions of Aging, Second Edition* will keep students and professionals up to date on the outcomes of the latest research studies and their implications for the elderly in the real world. Physical aging affects us cognitively, psychologically, socially, and spiritually. The book discusses how people age physically and how this aging affects other dimensions of life. The second edition has been updated to integrate research findings on physical aging from more than 100 different journals in a myriad of fields, creating interdisciplinary coverage on the topic.

*Physical Dimensions of Aging, Second Edition*
Waneen W. Spirduso, EdD, Karen L. Francis, PhD, and Priscilla G. MacRae, PhD
$72.00 ($98.50 CDN, £49.00 UK, €73.50 EURO, $127.60 AUS, $151.00 NZ)
The only journal devoted to childhood exercise

Pediatric Exercise Science (PES) 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 this field, including exercise physiologists, physicians, public health specialists, and physical educators.

Many of the articles in Pediatric Exercise Science focus on the field of childhood exercise. Recent issues of PES have also addressed topics such as the effects of body composition (i.e., obesity) on physical fitness and activity, and tracking physical activity from childhood into the adult years. In the near future, articles in PES will address the importance of providing reinforcing feedback on children’s levels of physical activity, and a review of the use of accelerometers to measure physical activity in children.

PES welcomes submissions!
For complete guidelines, visit www.HumanKinetics.com/PES/JournalSubmissions.cfm

Explore the full scope of physiologic responses to exercise in youth

Children's Exercise Physiology, Second Edition, examines not only the current major issues that separate children from adults, but also the underlying mechanisms of these differences. Readers will learn what makes children different from adults physiologically—such as size, biochemical differences, neuromuscular differences, and lack of sexual and hormonal maturation—and the reasons for these differences. Those involved with young athletes, disease management, and health promotion will gain valuable insight into the physiologic determinants of exercise performance.

Children's Exercise Physiology, Second Edition
Thomas W. Rowland, MD
©2005 • Hardback • 312 pp • ISBN 978-0-7360-5144-6
$62.00 ($84.95 CDN, $42.00 UK, $110.00 EURO, $110.00 AUS, $130.00 NZ)

A research-based examination of children, exercise, and health

Pediatric Exercise Medicine: From Physiologic Principles to Health Care Application examines physical activity as a prerequisite to the good health and physical performance of children. The text emphasizes clinically related issues and provides comprehensive coverage of the child-exercise-health triad of importance to all professionals serving young people. Additionally, it identifies current research in the area and helps the reader to compare the exercise responses of healthy children to the responses of children with clinical impairments.

Pediatric Exercise Medicine: From Physiologic Principles to Health Care Application
Oded Bar-Or, MD, and Thomas W. Rowland, MD
©2004 • Hardback • 520 pp • ISBN 978-0-88011-597-1
$92.00 ($125.95 CDN, $62.50 UK, $93.75 EURO, $162.80 AUS, $193.00 NZ)

Also see Growth, Maturation, and Physical Activity, Second Edition, on page 13!
Physiology of Exercise and Sport

Bring exercise biochemistry to life

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

Exercise Biochemistry brings an admittedly difficult and technical subject to life. Extremely user- and student-friendly, it is written by Vassilis Mougios, who poses and then answers questions as if in conversation with a student. Mougios does an excellent job of making the information interesting by using simple language without compromising scientific accuracy and content. He also uses ample analogies, related works of art, and numerous illustrations to drive home his points for readers.

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 also 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.

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<td><strong>Exercise Metabolism, Second Edition</strong>, provides a systematic, in-depth examination of the regulation of metabolic processes during exercise. Exercise physiologists, exercise biochemists, and biochemists will find this book a comprehensive reference, using the up-to-date information and the nearly 1,000 references in their own research and writing. In addition, graduate students in these disciplines can learn firsthand about the various regulations of metabolic processes during exercise as they prepare for careers in exercise physiology or biochemistry.</td>
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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
$59.00 ($82.50 CDN, $60.00 UK, €68.00 EURO, $139.70 AUS, $166.00 NZ)

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Visit www.HumanKinetics.com for more information or to order!
Unlock biochemistry in an easy-to-understand format

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

The latest edition of *Biochemistry Primer for Exercise Science* provides students with an understanding of the essential concepts of biochemistry—molecular biology, basic chemistry, metabolism, and transcription regulation—in an easy-to-understand format. This text builds on the success of the previous edition by offering new topics, new organization of chapters, greater interpretation and integration of key concepts, and new and improved illustrations that clarify the content.

**Biochemistry Primer for Exercise Science, Third Edition**, is the first volume in Human Kinetics’ Primers in Exercise Science Series. With its updated information based on new research and ideas from exercise science and molecular biology and its greater interpretation of biochemistry in the context of the active human, this volume is the only text of its kind in this field. Students trained in traditional exercise physiology can understand basic concepts of energy, but without the knowledge gained from this book they might lack the ability to apply these principles to everyday life.

New information and approaches in this book include the following:

- Reorganized chapters give greater attention to the mechanism behind the concepts.
- Basic metabolic pathways and mechanisms are outlined and the role of exercise in modulating those pathways and mechanisms is addressed.
- A deeper and more thorough integration of the topics adds context and aids in comprehension.
- New review questions with answers are provided.
- A section on oxidative stress and its implications to lifestyle and health are included.
- A new section covers signal transduction that leads to changes in the expression of genes and in the amounts of specific proteins.

- A thoroughly revamped chapter covers bioenergetics with an overview of energy systems and their role in exercise. This is followed by the more rigorous thermodynamics concepts.

In addition, 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 the reader 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 students with the biochemistry content they need in order to understand the molecular aspects of human physical activity. The text helps prepare students for what lies ahead, and it is a great tool for professionals in related fields who want to learn about the biochemistry of exercise.

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.
Learn how altitude training improves athletic performance

Everything you need to know about altitude training and its effect on athletic performance is here. Altitude Training and Athletic Performance provides a complete historical overview of the development of altitude training from the successes and problems that athletes encountered at the 1968 Mexico City Olympics—where current interest in altitude training originated—right up to today’s most effective and innovative training techniques.

The book’s practical applied section describes for coaches and athletes the how-tos of training and competing at altitude, improving performance, and minimizing health risks and discomfort. Altitude Training and Athletic Performance is a great resource for those seeking coverage of state-of-the-art training strategies such as the “live high—train low” training approach, the “nitrogen house,” supplemental oxygen, and simulated altitude in chambers and tents.

Altitude Training and Athletic Performance
©2004 • Hardback • 264 pp • ISBN 978-0-7360-0157-1
$40.00 ($54.95 CDN, $28.00 UK, €42.00 EURO, $70.95 AUS, $84.00 NZ)

A heat survival guide for clinicians and athletes

The only book to focus exclusively on heat-related illnesses, Exertional Heat Illnesses is full of practical advice for professionals in a variety of medical, academic, and commercial settings. Athletic trainers, physicians, nurses, and emergency medical technicians will find effective treatment options for all exertional heat illnesses. Coaches, athletes, industrial supervisors, and military leaders will learn the causes of heat-related illnesses and ways to prevent them. Fitness, conditioning, and training specialists will gain useful information for their clients and students. Instructors and students interested in environmental exercise physiology will also find Exertional Heat Illnesses valuable for courses that require advanced study.

With this reference, you will have the tools to help athletes maintain optimal health and performance during and after exercise, and you will have the knowledge to treat exertional heat illnesses promptly and properly should they occur.

Exertional Heat Illnesses
©2003 • Hardback • 288 pp • ISBN 978-0-7360-3771-6
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