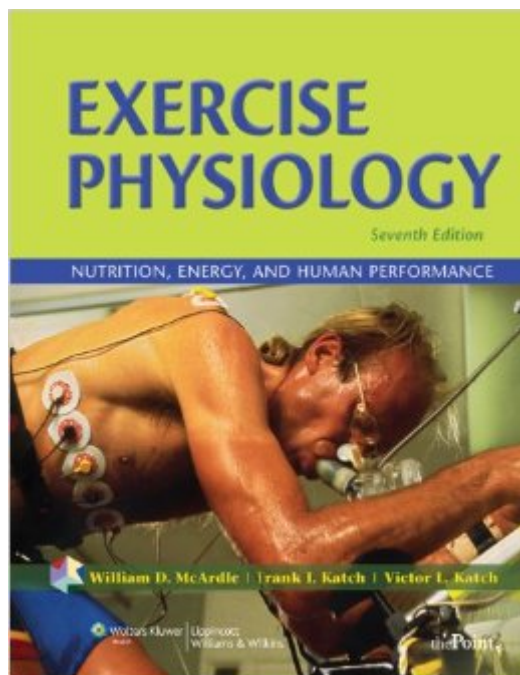


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# Exercise Physiology: Nutrition, Energy, And Human Performance (Point (Lippincott Williams & Wilkins))



## Synopsis

Since publication of its First Edition in 1981, Exercise Physiology has helped more than 350,000 students build a solid foundation of the scientific principles underlying modern exercise physiology. This Seventh Edition has been thoroughly updated with all the most recent findings, guiding you to the latest understanding of nutrition, energy transfer, and exercise training and their relationship to human performance. This Seventh Edition maintains its popular seven-section structure. It begins with an exploration of the origins of exercise physiology and concludes with an examination of the most recent efforts to apply principles of molecular biology. The book provides excellent coverage of exercise physiology, uniting the topics of energy expenditure and capacity, molecular biology, physical conditioning, sports nutrition, body composition, weight control, and more. Every chapter has been fully revised and updated to reflect the latest information in the field. The updated full-color art program adds visual appeal and improves understanding of key topics. A companion website includes over 30 animations of key exercise physiology concepts; the full text online; a quiz bank; references; appendices; information about microscope technologies; a timeline of notable events in genetics; a list of Nobel Prizes in research related to cell and molecular biology; the scientific contributions of thirteen outstanding female scientists; an image bank; a Brownstone test generator; PowerPoint® lecture outlines; and image-only PowerPoint® slides.

## Book Information

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## Customer Reviews

I'll start with the positive:1. There's about a 1000 pages of information complete with 1000's of references (listed online), colorful illustrations and diagrams. The text doesn't dumb the material down, and explains nearly everything. A person that reads and studies this book can go from near complete ignorance to a very solid understanding of human physiology and how it adapts to exercise.2. The text differentiates between what is substantiated knowledge and what is conjecture or expert opinion of the authors for the most part. See the negative.

The negative:1. The authors write from a perspective of achieving and maintaining general health, and not achieving athletic excellence or elite status. If you are a coach or athlete striving for athletic superiority, there are better books for you.2. My biggest gripe: the authors are obsessed with endurance training and fitness. Whenever they describe a trained athlete, they go on to talk about an endurance athlete. Fitness to them means endurance fitness. Unless you are reading a section specifically devoted to maximum strength, power, or hypertrophy, the authors will ultimately end up supporting their contentions with studies of endurance athletes. This is sad because tremendous evidence shows that endurance training is contraindicated to many aspects (strength, power, RFD, speed, hormone response) of athletic improvement. This book mentions the negative consequences of endurance training and then the authors attempt to belittle them and justify endurance training. It is clear the authors have bias for endurance training. A book 1000 pages long and titled "Exercise Physiology" should be much more balanced and objective.3.

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