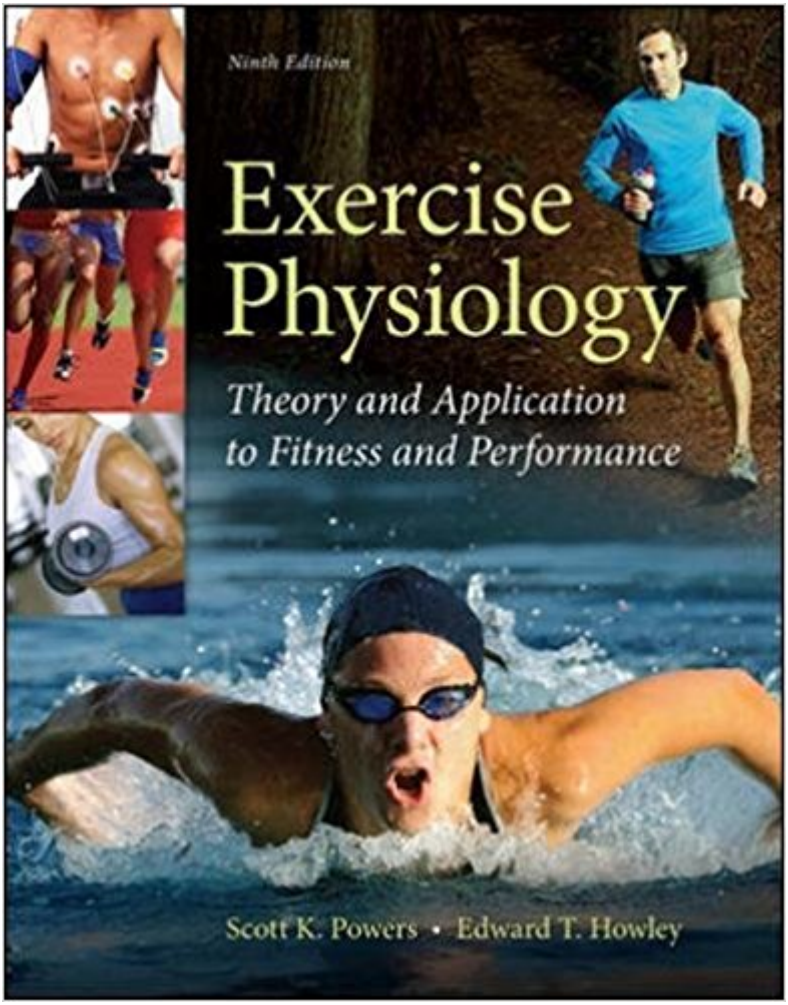
Exercise Physiology: Theory And Application To Fitness And Performance



Synopsis

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.Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill ConnectÃ Â® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:Ã¢â ¬Â¢ SmartBookÃ Â® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.Ã¢â ¬Â¢ Access to your instructorÃ¢â ¬â„¢s homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.Ã¢â ¬Â¢ Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.Ã¢â ¬Â¢ The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping.Complete system requirements to use Connect can be found here: http://www.mheducation.com/highered/platforms/connect/training-support-students.html

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Customer Reviews

Scott K. Powers is a Distinguished Professor and the UAA Endowed professor in the Department of Applied Physiology and Kinesiology at the University of Florida. Powers enjoys teaching and has earned three University of Florida teaching awards. Dr. PowersÃ¢â ¬â„¢ research has focused on exercise-mediated changes in cardiac and skeletal muscle antioxidant systems and the role that these changes play in providing protection against oxidant injury. Further, he is actively investigating the mechanisms responsible for respiratory muscle weakness in patients subjected to prolonged periods of mechanical ventilation. Dr. PowersÃ¢â ¬â„¢ laboratory work has been funded by grants totaling more than five million dollars from the National Institutes of Health, American Heart Association, American Lung Association, and the Florida Biomedical Research Program. This research has resulted in over 180 peer-reviewed research publications. Scott has also co-authored four college textbooks for use in exercise physiology and fitness courses. Powers is active in both the American Physiological Society and the American College of Sports Medicine. He also serves as an Associate Editor for the American Journal of Physiology-Reg. and is a member of the editorial board for the Journal of Applied Physiology, the International Journal of Sports Medicine, and the International Journal of Sport Nutrition and Exercise Metabolism. Scott Powers received his bachelorÃ¢â ¬â„¢s degree in physical education from Carson Newman College, his masterÃ¢â ¬â„¢s degree in exercise physiology from the University of Georgia, and a doctorate (EdD) in exercise physiology from the University of Tennessee. Powers earned a second doctoral degree (PhD) in physiology from Louisiana State University.Edward Howley received his BS degree from Manhattan College and his MS and PhD degrees from The University of Wisconsin, Madison. He completed a one-year post-doctoral appointment at Penn State University and began his career at the University of Tennessee in 1970. He taught a variety of courses in physiology, exercise physiology and fitness testing and prescription over 36 years. He also served as an administrator of the Exercise Science program/department. He retired in 2007 and holds the rank of professor emeritus. He has received several awards for his teaching. Most of Dr. HowleyÃ¢â ¬â„¢s volunteer efforts have been with the American College of Sports Medicine, where he served as president from 2002Ã¢â ¬â œ2003. He is the Editor-in-Chief of ACSMÃ¢â ¬â„¢s Health & Fitness Journal, and is chair of the program planning committee for the annual ACSM Health & Fitness Summit meeting.

This book is a fantastic resource for anyone wanting to know the basics of Exercise

Physiology/Strength and Conditioning.This is the book that is used in Bachelors degree-level programs and is a great book for understanding physiology.Excellent!

Really enjoy the "usability" of this book. It is well written, clearly organized, and has been usefully for my Ex. Physiology class and the Lab (it was not required for the lab, but I would highly recommend it as supplemental material if its needed for another class). It has helped my write several Physiology manuscripts! I will definitely keep this one on the shelf for future reference.

I was disappointed to fin the the "paperback" book I ordered was actually printed on copy paper, hole punched, and in a 3-ring binder. It was not a bound paperback book as I expected.

This is a college text for a graduate level course. It discusses how the body functions and adapts through exercise pathways. If you need it for college, I recommend purchasing; it is loaded with information.

This book is chock-full of pertinent, straight to the point exercise physiology fitness information. It is well organized. There are plenty of visual aids in the forms of graphs and diagrams. Also, I enjoy the "clinical application" and "a look back" sections. Even when I get behind in my reading assignments, I am always compelled to go back and read what I missed simply to gain the understanding. This text also includes valuable nuggets of nutrition and chemistry to offer a more robust view of exercise physiology’s theory and application to fitness and performance. Another good thing is that the average chapter size is roughly 20 pages. Bite sized!

Had this book for an Exercise Physiology class. I used this older edition to save some money on the text and had no problem keeping up with the newer material from the new edition. There is so much detail and information book it’s incredible. During the class I had, we covered maaaybe half of it. This is going in my stack of books that won’t be sold back to use as a reference throughout my career. I also look forward to finishing it soon!

I bought it for my kindle which sadly didn’t work out. Instead, I had to use it on my computer which is fine except that I could have gotten cheaper elsewhere. Either way, it was a good textbook and a good download.

Just what I needed for my class. Very descriptive book and not too hard to follow the content that is in it. Good questions and study helps in it.

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Exercise Physiology: Theory and Application to Fitness and Performance Exercise Physiology: Theory and Application to Fitness and Performance (B&B Physical Education) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [15 Weeks * Softback * Large 8.5" x 11" * Full Page ... Cycling / Biking] (Exercise & Fitness Gifts) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology) Exercise Physiology for Health Fitness and Performance Model of Human Occupation: Theory and Application (Model of Human Occupation: Theory & Application) A SUPER Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1) Fitness for Polo - Exercise Guide (Fitness for Polo Series Book 1) Fitness for Polo - FitBall Exercise Guide (Fitness for Polo Series Book 2) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Exercise Physiology: Nutrition, Energy, and Human Performance Exercise Physiology: Nutrition, Energy, and Human Performance (Point (Lippincott Williams & Wilkins)) Cellular Physiology and Neurophysiology E-Book: Mosby Physiology Monograph Series (Mosby's Physiology Monograph) Endocrine and Reproductive Physiology: Mosby Physiology Monograph Series (with Student Consult Online Access), 4e (Mosby's Physiology Monograph) Medical Terminology: Medical Terminology Easy Guide for Beginners (Medical Terminology, Anatomy and Physiology, Nursing School, Medical Books, Medical School, Physiology, Physiology) Cardiovascular Physiology: Mosby Physiology Monograph Series (with Student Consult Online Access), 10e (Mosby's Physiology Monograph)

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