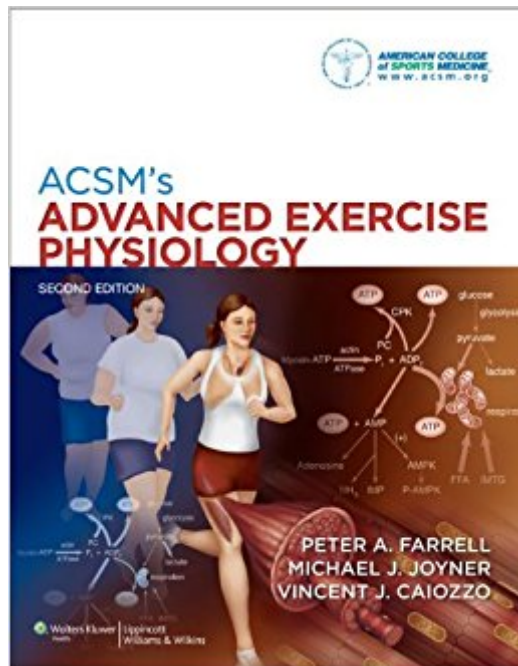




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ACSM's Advanced Exercise Physiology



Synopsis

Written at a graduate level, the Second Edition of ACSM's Advanced Exercise Physiology enables experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. Moreover, it examines how these physiological responses are affected by heat, cold, hypoxia, microgravity, rest, and hyperbaria. This Second Edition features a team of international authors and editors whose expertise spans general physiology, exercise physiology, and research. Together, they have substantially revised, updated, and reorganized the text to incorporate feedback from both instructors and students.

Book Information

Hardcover: 800 pages

Publisher: LWW; Second edition (October 14, 2011)

Language: English

ISBN-10: 0781797802

ISBN-13: 978-0781797801

Product Dimensions: 10.9 x 8.4 x 1.3 inches

Shipping Weight: 4.3 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #46,244 in Books (See Top 100 in Books) #52 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #63 in Books > Medical Books > Medicine > Sports Medicine #165 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology

Customer Reviews

Definitely not for those new to ex phys and geared towards researchers. Purchased for a graduate level exercise physiology course, and it was not a fun read. Authors tend to go on rambling tangents about animal model research and use unnecessarily complicated words to explain basic concepts. However, everything you would want to know about ex phys is there.

This is a very interesting book that covers several exercise physiology topics in much more depth than other similar books. Therefore, this is a valuable resource for teachers lecturing physiology or

PhD students engaged in exercise sciences. Nevertheless, the book is not very didactical, as the subjects in each chapter are not presented in a clearly logical sequence, as it is in other similar exercise physiology books. Sometimes the writing resembles more a review article than a textbook. My advice is that this is a very good book if you already have a solid background in general physiology and exercise physiology but want a solid reference with a somewhat different approach to these topics. If you just jumped into exercise physiology it is my advice that you should opt for other, more didactical and straightforward book.

Overall I think this is a very essential textbook for any Exercise Physiologist. At times the text can get a bit confusing as the author's go beyond the depth for this particular text, however this book gives a great overview of the major concepts and ideas.

It's a great publication when your focus is research and your need is further information besides those ones you get on graduation.

I am finishing my master in sport medicine, and after 3 years reading all kind of book about exercise physiology, this is the best one! Recommended!!!

Great quality. Great price.

Fast delivery but book was for husbands class, I know he used it well as I saw him thumb thru pages looking for answers to all life's concerns

I teach Physiology and Exercise physiology in Costa Rica. By far this is the best exercise physiology book ever written... You find any mechanism... great for teachers and students who want to know a little more

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