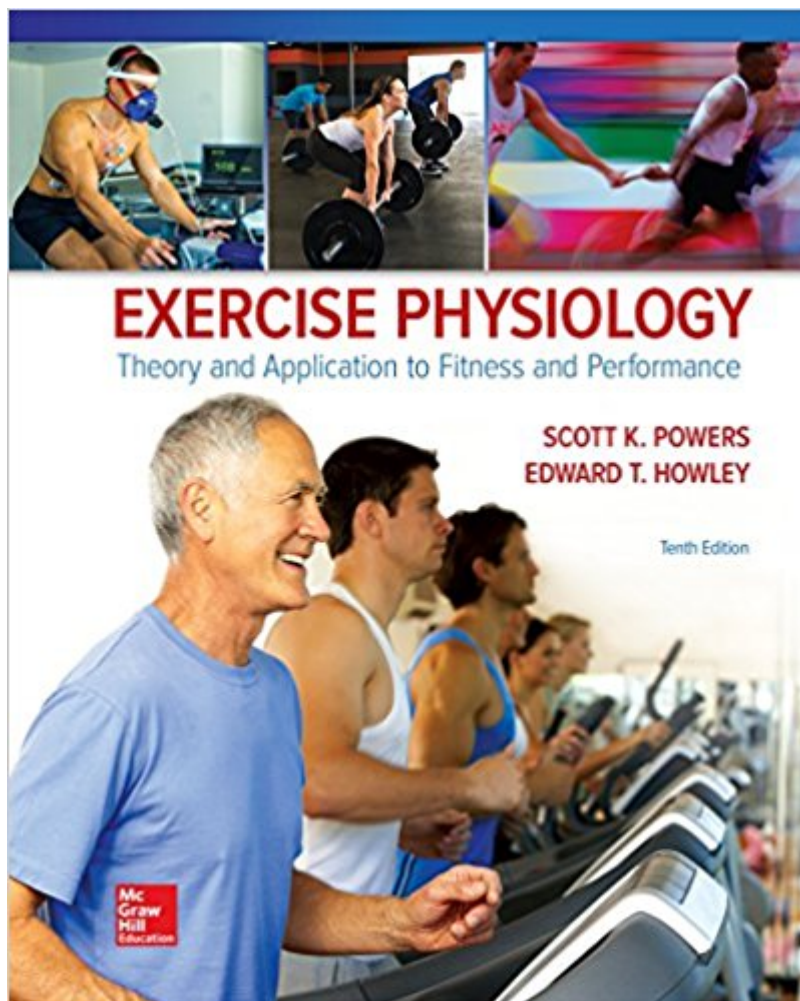




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# Exercise Physiology: Theory And Application To Fitness And Performance (B&B Physical Education)



## Synopsis

Exercise Physiology: Theory and Application to Fitness and Performance is designed for students interested in exercise physiology, clinical exercise physiology, human performance, kinesiology/exercise science, physical therapy, and physical education. The tenth edition provides students with an up-to-date understanding of the physiology of exercise through the use of 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. The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. McGraw-Hill Connect<sup>®</sup> 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:

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- 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:

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## Book Information

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## Customer Reviews

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. Howley's volunteer efforts have been with the American College of Sports Medicine, where he served as president from 2002-2003. He is the Editor-in-Chief of ACSM's Health & Fitness Journal, and is chair of the program planning committee for the annual ACSM Health & Fitness Summit meeting. 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. Powers' 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. Powers' 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 bachelor's degree in physical education from Carson Newman College, his master'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.

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 useful 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 it's needed for another class). It has helped me write several Physiology manuscripts! I will definitely keep this one on the shelf for future reference.

I was disappointed to find that 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 in this book it's incredible. During the class I had, we covered maybe 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.

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