## **Contents**



Preface xi Acknowledgments xiii

## PART I History and Current Status of the Study of Physical Activity and Health

1	Why Study Physical Activity and Health? Claude Bouchard, PhD; Steven N. Blair, PED; and William L. Haskell, PhD	3
	Human Evolution, History, and Physical Activity 4 • Burden of Chronic Diseases 6 • Health and Its Determinants 9 • Aging and Health 11 • Defining Physical Activity and Physical Fitness 12 • Physical Inactivity Versus Physical Activity 14 • Summary 18 • Review Materials 19	
2	Historical Perspectives on Physical Activity, Fitness, and Health Russell R. Pate, PhD	21
	Early Beliefs About Physical Activity and Health 22 • Scientific Inquiry on Exercise and Health 24 • Evolution of Physical Activity Guidelines 27 Summary 35 • Review Materials 35	
3	Physical Activity and Fitness With Age, Sex, and Ethnic Differences Peter T. Katzmarzyk, PhD, FACSM	39
	Physical Activity 40 • Physical Fitness 45 • Summary 50 • Review Materials 50	
4	Sedentary Behavior and Inactivity Physiology Marc Hamilton, PhD; and Neville Owen, PhD	53
	Sedentary Behavior, Physical Activity, and Public Health 54 • Inactivity Physiology: The Underlying Biology of Acute and Chronic Muscular Inactivity 58 • Sedentary Behavior and Metabolic Health: Emerging Epidemiological Evidence 62 • Humans May Not Have Reached the Pinnacle of Physical Inactivity 64 • A Comprehensive Sedentary Behavior Research Agenda 65 • Public	

Health Implications 66 • Summary 66 • Review Materials 66

PART II	Effects of	of Physical	<b>Activity</b>	on the	Human	Organism

5	Metabolic, Cardiovascular, and Respiratory Responses to Physical Activity Edward T. Howley, PhD	71
	Relationship of Energy to Physical Activity 72 • Oxygen Consumption and Cardio-vascular and Respiratory Responses to Exercise 73 • Effect of Training, Age, and Gender on Maximal Oxygen Uptake 81 • Application to Exercise Training and Physical Activity Interventions 82 • Summary 83 • Review Materials 84	
6	Acute Responses to Physical Activity and Exercise Adrianne E. Hardman, MSc, PhD	87
	Lipids and Lipoproteins 88 • Endothelial Function 91 • Insulin–Glucose  Dynamics 91 • Blood Pressure 94 • Hematological Changes 95 • Immune  Function and Inflammation 96 • Responses Related to Energy Balance 98 • Augmentation of Acute Effects by Training 100 • Summary 101 • Review Materials 101	
7	Hormonal Response to Regular Physical Activity Peter A. Farrell, PhD	103
	Defining Hormones 104 • Importance of Hormonal Regulation 106 • Regular Physical Activity and Hormonal Adaptations 112 • Summary 118 • Review Materials 118	
8	Skeletal Muscle Adaptation to Regular Physical Activity Howard J. Green, PhD	121
	Skeletal Muscle and Human Survival 122 • Muscle Cell: Composition, Structure, and Function 123 • Muscle Fiber Types and Subtypes 129 • Muscle Adaptation and Functional Consequences 135 • Aging Muscle: The Role of Training 144 • Summary 146 • Review Materials 146	
9	Response of Liver, Kidney, and Other Organs and Tissues to Regular Physical Activity	149
	Roy J. Shephard, MB, BS, MD (London), PhD, DPE, DLL	
	Acute Effects of Physical Activity 150 • Chronic Effects of Physical Activity 155 • Strengths and Limitations of the Current Evidence 159 • Summary 160 • Review Materials 160	

10	Physical Activity, Fitness, and Mortality Rates Michael J. LaMonte, PhD, MPH*; and Steven N. Blair, PED *Corresponding Author	167
	Physical Activity and Mortality 169 • Fitness and Mortality 174 • Activity or Fitness and Mortality in Adults With Existing Diseases 178 • Quantifying the Population Mortality Burden of Inactivity 180 • Summary 181 • Review Materials 181	
11	Physical Activity, Fitness, and Cardiac, Vascular, and Pulmonary Morbidities lan Janssen, PhD	185
	Low Physical Activity and Low Cardiorespiratory Fitness as Risk Factors for Cardiovascular Morbidities 186 • Low Physical Activity and Low Cardiorespiratory Fitness as Risk Factors for Pulmonary Morbidities 189 • Biological Mechanisms 190 • Role of Physical Activity in Patients with Cardiac, Vascular, and Pulmonary Morbidities 191 • Summary 193 • Review Materials 193	
12	Physical Activity, Fitness, and Obesity Robert Ross, PhD, FACSM; and Ian Janssen, PhD	197
	Definition and Problem of Overweight and Obesity 198 • Fat Depots 201 • Relationships Among Excess Weight, Physical Activity, and Fitness 204 • Role of Physical Activity in Prevention and Treatment of Excess Weight 207 • Summary 211 • Review Materials 212	

Physical Activity, Fitness, and Health

## Physical Activity, Fitness, and Diabetes Mellitus Roeland J. Middelbeek, MD, MS; and Laurie J. Goodyear, PhD

Diabetes: Definitions and Prevalence 216 • Epidemiology, Etiology, and Complications of Type 2 Diabetes 216 • Impact of Physical Activity on Insulin and Glucose Metabolism 220 • Epidemiological Evidence Indicating Benefits of Physical Activity in Preventing Type 2 Diabetes 223 • Summary of Randomized Controlled Trials on the Prevention of Type 2 Diabetes 225 • Importance of Regular Physical Activity for People With Type 2 Diabetes 226 • Summary 227 • Review Materials 227

## Physical Activity, Fitness, and Cancer I-Min Lee, MBBS, MPH, ScD

PART III

231

215

Importance of Cancer 232 • How Physical Activity and Physical Fitness Decrease the Risk of Developing Cancer 233 • How We Study Whether Physical Activity and Physical Fitness Decrease the Risk of Developing Cancer 234 • Physical Activity, Physical Fitness, and Site-Specific Cancers 236 • Physical Activity and Cancer Survivors 241 • Summary 241 • Review Materials 242

15	Physical Activity, Fitness, and Joint and Bone Health Jennifer M. Hootman, PhD, ATC, FACSM, FNATA	245
	Scientific Evidence 246 • Strengths and Limitations of the Evidence 252 • Summary 253 • Review Materials 254	
13	Physical Activity, Muscular Fitness, and Health Neil McCartney, PhD; and Stuart M. Phillips, PhD	257
	History of Resistance Training and Its Role in Health 258 • Fundamental Aspects of Resistance Training 258 • Resistance Training Throughout the Life Span 263 • Resistance Training in Disease and Disability 265 • Summary 270 • Review Materials 271	
17	Physical Activity, Fitness, and Children Thomas Rowland, MD	273
	Understanding the Exercise–Health Link in Children 275 • Measurement of Physical Activity in Youth 279 • Defining the Kinds and Amount of Physical Activities for Health 281 • Optimal Intervention Strategies 283 • Biological Effects on Physical Activity in Youth 284 • Summary 284 • Review Materials 284	
18	Risks of Physical Activity Evert A.L.M. Verhagen, PhD, FECSS; Esther M.F. van Sluijs, PhD; and Willem van Mechelen, MD, PhD, FACSM, FECSS	287
	Risks of Physical Activity and Sport Participation 288 • Minimizing Risk and Maximizing Benefits 294 • Recommendations for Future Research 297 • Summary 297 • Review Materials 298	
	PART IV Physical Activity, Fitness, Aging, and Brain Functions	
19	Physical Activity, Fitness, and Aging Loretta DiPietro, PhD, MPH	303
	The Aging Process 304 • Methodological Considerations in Aging Research 307 • Demographics of Physical Activity Among Older Adults 309 • Dimensions of Physical Activity and Their Relationship to Health and Function in Aging 312 • Programmatic Issues in Promoting Physical Activity in Older Populations 314 • Summary 315 • Review Materials 315	
20	Physical Activity and Brain Functions Kirk I. Erickson, PhD	317
	Descriptive Questions 319 • Mechanistic Questions 323 • Applied Questions: Populations Benefiting From Physical Activity 326 • Moderating Questions: Factors Moderating the Effect of Physical Activity 327 • Summary 328 • Review Materials 328	

21	Exercise and Its Effects on Mental Health John S. Raglin, PhD; and Gregory S. Wilson, PED, FACSM	331
	Research Paradigms of Exercise and Mental Health Research 332 • Exercise and Depression 334 • Exercise and Anxiety 335 • Exercise and Schizophrenia 337 • Putative Mechanisms for the Psychological Benefits of Exercise 337 • Detrimental Psychological Responses to Exercise: The Overtraining Syndrome 338 • Summary 340 • Review Materials 341	
PAF	RT V How Much Is Required and How Do We Get The	re?
22	Dose–Response Issues in Physical Activity, Fitness, and Health William L. Haskell, PhD	345
	Principles Guiding the Body's Response to Activity 346 • Components of the Physical Activity Dose 347 • Factors Determining Optimal Activity Dose 349 • Physical Activity and Fitness: Dose for Health Benefits 355 • Summary 357 • Review Materials 357	
23	From Science to Physical Activity Guidelines  Mark S. Tremblay, PhD; and William L. Haskell, PhD	359
	Stages of Physical Activity Guideline Development 360 • Strengths, Limitations, and Challenges 370 • Summary 376 • Review Materials 376	
	PART VI New Challenges and Opportunities	··
24	Genetic Differences in the Relationships Among Physical Activity, Fitness, and Health	381
	Tuomo Rankinen, PhD; and Claude Bouchard, PhD	
	Basics of Human Genetics 382 • Events in Human Genes and Genomes 386 • Genetic Variation in Exercise Traits Among Sedentary People 392 • Genetics of Physical Activity Level 394 • Individual Differences in Response to Regular Exercise 394 • Genes and Responses to Exercise 395 • Trait-Specific Response to Exercise 403 • Personalized Exercise Medicine 405 • Summary 406 • Review Materials 406	
25	An Integrated View of Physical Activity, Fitness, and Health William L. Haskell, PhD; Steven N. Blair, PED; and Claude Bouchard, PhD	409
	Physical Activity Versus Inactivity: Universal Value Versus Damaging Consequences 410 • Developing and Implementing Physical Activity Plans 415 • Research Questions and Issues 422 • Summary 423 • Review Materials 423	
Index About 1	427 the Contributors 435	

About the Editors 440