# Contents

Preface ix Acknowledgments xi Accessing and Using the Web Resource xiii

# 

#### 

Muscle Structure 3 • Muscle Contraction 4 • Neuromuscular System 7 • Muscle Fiber Types 8 • Muscle Recruitment 9 • Muscle Proprioceptors 10 • Neuromuscular Adaptations to Exercise Training 10 • Summary 18 • Review Questions 18

#### 

Overview of the Endocrine System 19 • Hormonal Transport and Binding Proteins 23 • Hormones and Exercise 24 • Metabolic Hormones 34 • Fluid Regulatory Hormones 36 • Opioids and Exercise 38 • Summary 38 • Review Questions 39

### 

ATP-PC Energy Source 42 • Glycolytic Energy Source 43 • Lactic Acid Controversy 45 • Lactate Shuttle 45 • Oxidative Energy Source 45 • Interaction of the Energy Sources 47 • Metabolic Adaptations to Endurance Training 47 • Metabolic Adaptations to Anaerobic Exercise 51 • Summary 54 • Review Questions 54

### 

Overview of Cardiovascular System 55 • Overview of Respiratory System 62 • Cardiovascular Response to Acute Exercise 66 • Pulmonary Ventilation During Exercise 69 • Cardiovascular Response to Training 70 • Respiratory Adaptations to Training 73 • Training Effects on Minute Ventilation and Ventilatory Equivalent 73 • Effect of Training on Blood Volume and Red Blood Cells 74 • Summary 75 • Review Questions 75

#### 

Cells of the Immune System 78 • Lymphocytes 79 • Immunoglobulins 80 • Cytokines 80 • Complement System 81 • Acute-Phase Proteins 81 • Exercise and Immune Response 82 • Summary 89 • Review Questions 90

# PART I EXERCISE TRAINING PRINCIPLES AND PRESCRIPTIONS . . . 91

Chapter 6 Principles of Training	
Specificity Principle 93 • Overload Principle 94 • Progression Principle 94 • Individuality Principle 94 • Principle of Diminishing Returns 94 • Principle of Reversibility 97 • Summary 101 • Review Questions 102	
Chapter 7 Warm-Up, Flexibility, and Balance Training 103	
Warm-Up 103 • Flexibility 107 • Stability and Balance Training 114 • Summary 115 • Review Questions 115	
Chapter 8 Resistance Training	
Chapter 9 Power Training 139 • Relationship Between Force, Velocity, and Scientific Basis for Power Training 139 • Relationship Between Force, Velocity, and Power 141 • Training Methods for Power Development 143 • Plyometrics 143 • Ballistic Training 151 • Olympic Weightlifting 153 • Summary 153 • Review Questions 153	
Chapter 10 Anaerobic Conditioning	
Chapter <b>11 Speed and Agility Development</b>	
Chapter 12 Endurance Training.181Physiological Adaptations to Endurance Training 181 • Factors Relating to Endurance Performance 182 • Endurance Exercise Prescription 186 • Endurance Training Programs 188 • Summary 193 • Review Questions 193	

# Chapter 13 Concurrent Training ..... 195

Effect of Concurrent Strength and Endurance Training on  $\dot{VO}_2$  195 • Effect of Concurrent Strength and Endurance Training on Maximal Strength 197 • Effect of Sequence of Training on Endurance and Strength Improvements 199 • Effect of Concurrent Training on Muscle Growth and Muscle Fiber Characteristics 200 • Effect of Concurrent Training on Protein Signaling 202 • Effect of Concurrent Training on Hormonal Adaptations 202 • Effect of Concurrent Training on Basal Metabolic Rate and Weight Loss 203 • Effects of Combined Sprint and Resistance Training 204 • Summary 205 • Review Questions 205

### 

Periodization for All Disciplines 207 • Models of Periodization 210 • Efficacy of Periodization 210 • Periodized Training Program for a Strength–Power Athlete in a Team Sport 213 • Periodized Training Program for a Strength–Power Athlete Preparing for a Specific Event 215 • Periodized Training Program for an Endurance Athlete 217 • Summary 218 • Review Questions 218

#### Chapter 15 Program Development and Implementation . . . . . . 219

Training Sessions 219 • Off-Season Training Program 220 • Preparatory–Hypertrophy Phase 222 • Strength Phase 224 • Competitive Season (Maintenance Phase) 230 • Training Program Considerations for Aerobic Endurance Athletes 230 • Summary 235 • Review Questions 235

#### Chapter 16 Athletic Performance Testing and Normative Data . 237

Factors Affecting Performance Testing 238 • Administrative Considerations for Assessment 239 • Tests for Needs Assessment and Program Evaluation 241 • Strength 242 • Anaerobic Power and Anaerobic Fitness 247 • Maximal Aerobic Capacity and Aerobic Endurance 252 • Speed 257 • Agility 259 • Body Composition 260 • Summary 267 • Review Questions 267

# 

#### 

Classes of Nutrients and Their Functions 272 • Nutrient Utilization in Athletic Performance 279 • Timing of Nutritional Intake 284 • Summary 288 • Review Questions 288

### 

Water Balance at Rest and During Exercise 290 • Effects of Hypohydration on Physiological Function 290 • Electrolyte Balance During Exercise 292 • Effects of Hypohydration on Performance 292 • Fluid Replacement During Exercise 295 • Summary 300 • Review Questions 301

#### 

Dietary Supplement Regulation 304 • Dietary Supplements for Muscle Growth and Strength–Power Development 305 • Creatine 310 • β-Hydroxy-β-Methylbutyrate 315 • Dietary Supplements for Intracellular and Intercellular Buffering 316 • Dietary Supplements for Energy 321 • Popular Dietary Supplements That May Have Ergogenic Potential 327 • Summary 329 • Review Questions 330

#### 

Anabolic Steroids 331 • Testosterone Precursors 340 • Masking Agents 342 • Human Chorionic Gonadotropin 343 • Anti-Estrogens 343 • Growth Hormone 344 • Thyroid Drugs 345 • Central Nervous System Stimulants 346 • Site Enhancement Drugs 348 • Blood Doping 348 • Erythropoietin 348 • β-Blockers 349 • Summary 349 • Review Questions 350

# 

#### 

Physiological Response to Exercise in the Heat 353 • Heat and Performance 357 • Heat Acclimatization 358 • Heat Illnesses 360 • Monitoring Heat Stress 362 • Heat Stress Indices 363 • Summary 364 • Review Questions 364

#### 

Cold Stress: Factors Contributing to Heat Loss 365 • Physiological Responses to Exercise in the Cold 366 • Acclimatization to the Cold 369 • Exercise Performance and the Cold 370 • Medical Concerns 372 • Summary 376 • Review Questions 376

#### 

The Hypobaric Environment 377 • Physiological Response to Altitude 379 • Effect of Altitude on Athletic Performance 381 • Altitude Acclimatization 382 • Chronic Altitude Exposure and Benefits for Endurance Performance 386 • Training at Altitude for Improved Performance at Altitude 387 • Training at Altitude for Improved Performance at Sea Level 388 • Simulated Altitude and Ethical Issues 389 • Clinical Problems Associated With Acute Exposure to Altitude 390 • Summary 391 • Review Questions 392

## 

# 

Definitions of Overtraining 396 • Contributing Factors 396 • Comparison of Endurance and Strength–Power Athletes 397 • Susceptibility to Overtraining 397 • Recognition of Overtraining 398 • Methods Used to Monitor Athletic Performance 404 • Treatment of Overtraining 410 • Summary 410 • Review Questions 411

### 

Overview of Diabetes Mellitus 413 • Exercise and Diabetes 416 • Exercise Prescription for Athletes With Diabetes 421 • Exercise Prescription for Noncompetitive, Recreational Athletes With Diabetes 423 • Summary 423 • Review Questions 423

### 

What Is Exercise-Induced Bronchospasm? 426 • Pathophysiology of EIB 427 • Diagnosis of EIB 428 • Factors Modifying the Asthmatic Response to Exercise 429 • Treatment of EIB 430 • How to Exercise With Asthma (Nonpharmacologic Therapy) 431 • Summary 433 • Review Questions 433

### Chapter 27 Sudden Death in Sport ..... 435

Sickle Cell Trait 435 • Exertional Heatstroke 437 • Cardiac Events 439 • Traumatic Brain Injury 442 • Summary 445 • Review Questions 446

References 447 Index 495 About the Author 505