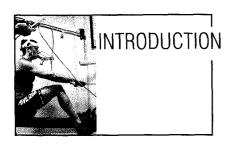
CONTENTS

Preface ix
Student and Instructor Resources xv
Acknowledgments xvii
Photo Credits xix



INTRODUCTION An Introduction to Exercise and Sport Physiology

1

51

73

Focus of Exercise and Sport Physiology 3

Acute and Chronic Responses to Exercise 3

The Evolution of Exercise Physiology 3

Research: The Foundation for Understanding 14

PART | Exercising Muscle



Structure and Function of Exercising Muscle 27

Anatomy of Skeletal Muscle 29
Muscle Fiber Contraction 35
Muscle Fiber Types 39
Skeletal Muscle and Exercise 42



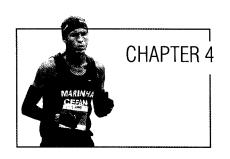
Fuel for Exercise: Bioenergetics and Muscle Metabolism

Energy Substrates 52
Controlling the Rate of Energy Production 54
Storing Energy: High-Energy Phosphates 57
The Basic Energy Systems 57
Interaction of the Energy Systems 66
The Oxidative Capacity of Muscle 68



Neural Control of Exercising Muscle

Structure and Function of the Nervous System 74
Central Nervous System 82
Peripheral Nervous System 85
Sensory-Motor Integration 87



Hormonal Control During Exercise

95

The Endocrine System 96 Endocrine Glands and Their Hormones: An Overview 101 Hormonal Regulation of Metabolism During Exercise 101 Hormonal Regulation of Fluid and Electrolytes During Exercise 109 Hormonal Regulation of Caloric Intake 115

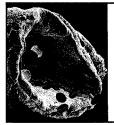


Energy Expenditure and Fatigue

119

Measuring Energy Expenditure 120 Energy Expenditure at Rest and During Exercise 125 Fatigue and Its Causes 134 Muscle Soreness and Muscle Cramps

PART II Cardiovascular and Respiratory Function



CHAPTER 6

The Cardiovascular System and Its Control

Heart 152 Vascular System 163 Blood 170



CHAPTER 7

The Respiratory System and Its Regulation

Pulmonary Ventilation 176 Pulmonary Volumes Pulmonary Diffusion 180 Transport of Oxygen and Carbon Dioxide in the Blood 185 Gas Exchange at the Muscles 188 Regulation of Pulmonary Ventilation 190



Cardiorespiratory Responses to Acute Exercise

195

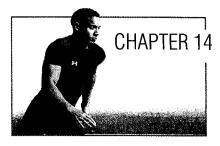
Cardiovascular Responses to Acute Exercise 196 Respiratory Responses to Acute Exercise 211

PART III Exercise Training

	CHAPTER 9	Principles of Exercise Training Terminology 224 General Principles of Training 226 Resistance Training Programs 228 Anaerobic and Aerobic Power Training Programs 233	223
3	CHAPTER 10	Adaptations to Resistance Training Resistance Training and Gains in Muscular Fitness 244 Mechanisms of Gains in Muscle Strength 245 Interaction Between Resistance Training and Diet 252 Resistance Training for Special Populations 254	243
us.	CHAPTER 11	Adaptations to Aerobic and Anaerobic Training Adaptations to Aerobic Training 262 Adaptations to Anaerobic Training 285 Adaptations to High-Intensity Interval Training 287 Specificity of Training and Cross-Training 288	261
	PART IV E	nvironmental Influences on Performance	
	CHAPTER 12	Exercise in Hot and Cold Environments Body Temperature Regulation 296 Physiological Responses to Exercise in the Heat 302 Health Risks During Exercise in the Heat 307 Acclimation to Exercise in the Heat 311 Exercise in the Cold 313 Physiological Responses to Exercise in the Cold 317 Health Risks During Exercise in the Cold 318	295
	CHAPTER 13	Exercise at Altitude Environmental Conditions at Altitude 324 Physiological Responses to Acute Altitude Exposure 326 Exercise and Sport Performance at Altitude 331 Acclimation: Chronic Exposure to Altitude 333 Altitude: Optimizing Training and Performance 336	323

Health Risks of Acute Exposure to Altitude 339

PART V Optimizing Performance in Sport



CHAPTER 14 Training for Sport

347

Optimizing Training 348
Periodization of Training 351
Overtraining 352
Tapering for Peak Performance 360
Detraining 361



CHAPTER 15 Body Composition and Nutrition for Sport

369

Assessing Body Composition 370
Body Composition, Weight, and Sport Performance 376
Classification of Nutrients 380
Water and Electrolyte Balance 393
The Athlete's Diet 399

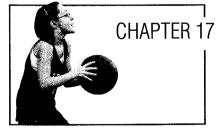


Ergogenic Aids in Sport

407

Researching Ergogenic Aids 409
Nutritional Ergogenic Aids 411
Anti-Doping Codes and Drug Testing 417
Prohibited Substances and Techniques 421

PART VI Age and Sex Considerations in Sport and Exercise



CHAPTER 17 Children and Adolescents in Sport and Exercise

437

Growth, Development, and Maturation 438
Physiological Responses to Acute Exercise 442
Physiological Adaptations to Exercise Training 449
Physical Activity Patterns Among Youth 451
Sport Performance and Specialization 451
Special Issues 453



CHAPTER 18 Aging in Sport and Exercise

457

Height, Weight, and Body Composition 459
Physiological Responses to Acute Exercise 462
Physiological Adaptations to Exercise Training 473
Sport Performance 475
Special Issues 476



Sex Differences in Sport and Exercise

481

Body Size and Composition 482
Physiological Responses to Acute Exercise 484
Physiological Adaptations to Exercise Training 489
Sport Performance 490
Special Issues 491

PART VII Physical Activity for Health and Fitness



CHAPTER 20 Prescription of Exercise for Health and Fitness

507

Health Benefits of Exercise 508

Exercise Is Medicine 510

Medical Clearance 510

Exercise Prescription 515

Monitoring Exercise Intensity 517

Exercise Program 524

Exercise and Rehabilitation of People With Diseases 525



Cardiovascular Disease and Physical Activity

Prevalence of Cardiovascular Disease 530

529

551

Forms of Cardiovascular Disease 531
Understanding the Disease Process 535
Determining Individual Risk 538
Reducing Risk Through Physical Activity 542
Risk of Heart Attack and Death During Exercise 546
Exercise Training and Rehabilitation of Patients With Heart Disease 547



Obesity, Diabetes, and Physical Activity

Understanding Obesity 552

Weight Loss 563

Role of Physical Activity in Weight Management and Risk Reduction 565

Understanding Diabetes 569

Treatment of Diabetes 571

Role of Physical Activity in Diabetes 572

Glossary 577
References 591
Index 611
About the Authors 626