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# Exercise Physiology



## Synopsis

EXERCISE PHYSIOLOGY: AN INTEGRATED APPROACH presents the fundamental concepts of exercise physiology. You will learn the immediate and long-term effects of exercise on physiological systems in the context of the most recent research, including molecular and genetics studies. The book focuses on issues like obesity, diabetes, and metabolic syndrome, and is designed to address the global pandemic of sedentary diseases in all age groups. The examples are integrated throughout and link the principles of exercise physiology to strategies that you can use to apply the science in real-life client situations.

## Book Information

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## Customer Reviews

Peter Raven is a researcher and teacher at University of North Texas Health Science Center. He is a widely published and well-known researcher in the area of cardiorespiratory responses to exercise. Among numerous recognitions and awards, in 2006 Peter received a lifetime achievement award for the body of his research at the Frontiers of Cardiology meeting. He received his Ph.D. in 1969 from the University of Oregon in Eugene and was awarded an NIH Post-Doctoral Training Fellowship in Exercise Physiology at the Institute of Environmental Stress at the University of California at Santa Barbara. In his tenure at UCSB he received some one million dollars in research funding and published 30 peer reviewed articles as first author and co-author on the environmental effects of heat, cold and air pollution on exercise performance. In 1975 - 1977 Dr. Raven developed a program of Environmental Physiology at the Institute of Aerobic Research. Subsequently he

served as an Chair of the Department of Integrative Physiology at the Texas College of Osteopathic Medicine (TCOM)/1993-UNTHSC. Currently he is Professor of Integrative Physiology and Orthopedics. During his career he has served as a Visiting Professor/Consultant to the Division of Cardiology's Space Physiology Laboratory at UT Southwestern, the Institute of Exercise and Environmental Medicine at Presbyterian Hospital/UT Southwestern and the Veteran's Administration Hospital in Dallas, Texas. He was awarded the ACSM Citation Award in 1995, the Korr award for Basic Science Research in the American Osteopathic Association (AOA) in 2001, and the Benjamin L. Cohen Outstanding Research award of the AOA in 2006. In 2011 he was awarded the American Physiological Society's Exercise and Environmental Section's Honor award. David H. Wasserman received a BSc and an MSc from UCLA in Kinesiology in 1979 and 1981. He obtained his PhD in Physiology in 1985 at the University of Toronto under the guidance of Mladen Vranic MD, DSc. He continued his training in the Department of Molecular Physiology and Biophysics at Vanderbilt University School of Medicine where he received fellowships from the NIH and the Juvenile Diabetes Research Foundation. He joined the faculty at Vanderbilt in 1987 and was appointed to full professor in 1997. In 2001 he became the Founding Director of the Vanderbilt-NIH Mouse Metabolic Phenotyping Center. In that capacity he and his colleagues have developed and applied physiological tools to study diabetes, obesity, and metabolism in genetically modified mice. In 2007 he was named the Ron Santo Chair in Diabetes Research and in 2010 he was named the Annie Mary Lyle Professor of Molecular Physiology and Diabetes. He has published over 160 papers and more than 25 book chapters. Dr. Wasserman is a longstanding and active member of the American Diabetes Association, American Physiological Society, and American College of Sports Medicine. He served as Chair of the Council on Exercise of the American Diabetes Association from 1999-2001 and Chair of the Steering Committee of the Endocrinology and Metabolism Section of The American Physiology Society from 1997-2001. Honors Dr. Wasserman has received include the Henry Pickering Bowditch Award (1997) and Solomon A. Berson Award from the American Physiology Society (2008), the C.R. Park Award for Excellence in Research from Vanderbilt University (2010), and an NIH M.E.R.I.T Award (2008). William Squires currently has his bachelors and masters for Texas State University and his PhD in Exercise Physiology for Texas AM University and Baylor College of Medicine in Cardiac Rehabilitation where he was certified both as an ACSM Exercise Specialist and as a Program Director. Dr Squires's next stop was at the Johnson Space Center working in the Cardiopulmonary Lab performing crew pre flight testing for STS 1. Dr Squires then accepted a position at Texas Lutheran University dual appointed in Biology and Kinesiology where he holds the Dr Fredrick C. Elliot Chair in Health Fitness and Nutrition. He holds adjunct

positions at Baylor College of Medicine and at the University of North Texas Health Science Center . Dr Squires returned to NASA in 1989 to work in the Biomechanics Lab where he served of the Exercise Countermeasures Task which made recommendations to NASA for in-flight exercise programs for the shuttle program. Twice president of the Texas Chapter of the American College of Sports Medicine when in 2010, he received the chapters Honor Award. In 2008 Dr. Squires was awarded a sabbatical where he studied pediatric obesity at the University of Texas School of Public Health in Austin Texas. He now puts his scientific effort into working with disadvantage at-risk kids in the Seguin Community. Tinker Murray is a professor in the Department of Health and Human Performance at Texas State University. He has served as Director of Cardiac Rehabilitation at Brooke Army Medical Center where he was twice recognized for his exceptional performance. He has been at Southwest Texas and Texas State University since 1984 and served as the Director of Employee Wellness from 1984-88, and Director of the Exercise Performance Laboratory from 1984-2000. From 1985-88 Tinker was a sub-committee member for the Governor's Commission on Physical fitness that developed the Fit Youth Today Program. Tinker has been a lecturer and examiner for the USA Track and Field Level II Coaching Certification Program (1988 - 2008). He served as the Vice Chair of the Governor's (for Governor Ann Richards) Commission for Physical Fitness in Texas from 1993-94. Tinker is a Fellow of the American College of Sports Medicine (ACSM) and certified as an ACSM Program Director. He is a former two-time president of the Texas regional chapter of ACSM (1987 & 1994). He served on the national ACSM Board of Trustees from 1998-2001. Dr. Murray served on a five-year study intervention (HEALTHY) as a Co-I (Roberto Trevino, M.D., PI) funded by the National Institutes of Health (NIH) to prevent Type-2 diabetes in middle school minority students in San Antonio, TX and nationwide. The HEALTHY Study group has recently (2010) reported the key findings of the intervention in The New England Journal of Medicine. Dr. Murray has worked with the Professional Development Cooperative (PDC) in coordination with the Texas High School Coaches Association (THSCA) and D.W. Rutledge (Executive Director) since 2003 to promote continuing education experiences for coaches. He has authored or co-authored several books, refereed journal articles, edited articles, and published abstracts.

Awesoke price

Book was in perfect condition and the amount of things that i have learned from this book is amazing. great buy i would defiantly recommend.

This textbook, written by deans in the field of exercise science, is ideal for an undergraduate course. The text is clear, unambiguous, and accurate, the illustrations provide enrichment to the important and abundant points conveyed in the text, and the teaching materials are well-designed and immediately useful. This book would also help physicians in sports medicine and those in practice of kinesiology, because it contains the recent and relevant information in the field in the context of the challenge of the obesity and type II diabetes mellitus epidemic.

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