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The Journal of Exercise Physiology online, published by the American Society of Exercise Physiologists, is a professional peer reviewed Internet-based journal devoted to original research in exercise physiology. The journal is directed by the Editor-In-Chief with supporting editorial assistance via Associate Editors knowledgeable in the field of exercise physiology.

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however, the individual degree of
responsiveness to a standardized
dose of exercise is idiosyncratic.
Individual responsiveness
between distinct exercise
modalities and the
genetic/environmental
contributions to exercise
response are not well understood.

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Journal of Exercise Physiology
online Volume 14 Number 4
August 2011 Editor-in-Chief
Tommy Boone, PhD, MBA Review

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Review articles written by leaders in their fields. These articles are peer reviewed and highlight major cutting-edge advances in different fields of physiology.

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The Journal of Exercise Science
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Physiology and Fitness (SCSEPF), the Physical Fitness Association of Hong Kong, China (HKPFA), and the Hong Kong Association of Sports Medicine and Sports Science (HKASMSS). It is published twice a year, in June and December, by Elsevier.

~~Journal of Exercise Science &
Fitness – Elsevier~~

Scope. Exercise Physiology covers all aspects of exercise physiology and welcomes submissions on the response to acute exercise as well as the adaptation to exercise training programs from the molecular and cellular level to individual systems and extending to the integrated multi-systemic response of the intact organism in both humans and animals.

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The International Journal of Applied Exercise Physiology (Int J Appl Exerc Physiol) is a professional peer reviewed journal devoted to original research in exercise and sport physiology. IJAEP is official journal of Asian Exercise and Sport Science Association. It is founded for the purpose of disseminating exercise physiology research and, thus to serve specifically the professional needs of the exercise physiologist. The Editors welcome both empirical and theoretical articles.

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30 Journal of Exercise
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Equine and Comparative Exercise Physiology is the only journal specifically dealing with the latest research in equine exercise

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physiology. It offers an understanding of the physiological, nutritional and biochemical parameters that determine levels of performance and athletic achievement, through both primary and review material.

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Exercise Physiology In addition, many exercise physiologists study the effect of exercise on pathology, and the mechanisms by which exercise can reduce or reverse disease progression. While you don't want to exercise immediately after eating a large meal, eating about 2 hours before exercise can help fuel your exercise and help you avoid

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bonking during your workout.

An essential preparation book for the ACSM Certified Exercise Physiologist examination, ACSM's Resources for the Exercise Physiologist, 3rd Edition, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports

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Medicine, this practical resource is organized around the scope of ACSM-EP practice domains. A clear introduction to understanding exercise, physical activity, and pre-exercise screening opens the book, followed by thorough coverage of assessment and programming for healthy populations, assessment and programming for special populations, counseling and behavioral strategies for encouraging exercises, and legal, management and professional issues relevant to practice.

The Ready Notes workbook complements the PowerPoint presentation that accompanies this text. The PowerPoint slides used in class are reproduced in

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the pages of this booklet.

(Instructors can download the PowerPoint presentation at www.mhhe.com/hhp or find it loaded on the Image Presentation CD-ROM that accompanies this textbook.) Lines printed next to each slide allow students to take notes on the PowerPoint presentation as the instructor lectures. Students can later use the PowerPoint images and their own notes to prepare for exams.

Written by experts in the field, *Advanced Exercise Physiology: Essential Concepts and Applications* builds upon foundational topics and looks further into key physiological components to help advanced students gain a deeper level of

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Equine Exercise Physiology provides the most up-to-date, in-depth coverage of the basic sciences required for an understanding of the physiology of the equine athlete. This book provides a thorough grounding in the basic physiology of each body system and in particular the responses of each body system to exercise and training. It is the ideal resource for those interested in equine exercise physiology: undergraduate and post-graduate students in exercise science, comparative physiology, biology and veterinary science; veterinary students; horse trainers and owners of sport horses; journalists

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Writing in equine specialty magazines; and interested lay persons. Topics include: the musculoskeletal system and physiology; tendon, ligament and joint physiology; the biomechanics of locomotion; respiratory, cardiovascular and gastrointestinal systems; metabolism and nutritional management; thermoregulation; hematology and immunology
Written by the top experts currently working in the area of equine exercise physiology
Designed for those seeking comprehensive information in a digestible format about the basic science of equine exercise physiology, rather than the clinical aspects
Over 250 high quality illustrations that amplify

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and illustrate important points
Information available in a readily
accessible format.

This history of exercise physiology is written from a systems perspective. It examines the responses of key physiological systems to the conditions of acute and chronic exercise, as well as their coupling with integrative responses.

Exercise Physiology for Health and Sports Performance brings together all the essential human anatomy and applied physiology that students of exercise science, physical education and sports coaching need to know. Written in a friendly, accessible style and containing a wide range of

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General Information
features to help develop understanding, this book provides a complete one-stop-shop for exercise physiology. The book is split into two key parts. Part One introduces the fundamental principles of nutrition, biochemistry, cell biology and the energy systems. Part Two builds on this foundation by applying the theory to exercise and sports performance in practice. With this innovative approach, the text enables you to become confident in your knowledge and understanding of energy generation and training principles for all sports. Including coverage of exercise in extreme environments and applications of physical activity for health, this will be the only exercise

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physiology textbook you will
need!

ACSM's Clinical Exercise Physiology adapts and expands upon the disease-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom textbook. This new resource offers research-based coverage of more than 35 conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are organized by disease types and then divided into sections that cover specific conditions from a pathological and etiological perspective. To provide a

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Complete view of clinical exercise physiology, the book also covers important considerations and foundational elements, such as screening, pharmacology, and electrocardiography. As an American College of Sports Medicine publication, the text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

This textbook integrates basic exercise physiology with research studies to stimulate learning, allowing readers to apply principles in the widest variety of exercise and sport science careers. It combines basic exercise physiology with special

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applications and contains flexible organisation of independent units.

Introduction to Exercise Physiology, identifies the key scientific content that is critically important to the successful practice of exercise physiology. This text focuses on the profession of exercise physiology by introducing students to the scientific basis for the practice of exercise physiology to prevent or control mind-body diseases, promote health and well-being, and enhance athlete performance. The goal of this text is to embrace a new paradigm of exercise physiology as a comprehensive healthcare profession and not as a one-

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Course experience. Introduction to Exercise Physiology is endorsed by The American Society of Exercise Physiologists (ASEP) a national non-profit professional organization committed to the advancement of exercise physiologists. The text emphasizes sound scientific content that will help exercise physiologists design appropriate exercise prescription that focuses on the public health challenges of a sedentary lifestyle. Students will learn the necessary physiologic, electrocardiographic, biomechanic, and anatomic concepts pertinent to prepare for and pass the ASEP Board Certification exam. In addition, the text enables students to understand the ethics of sports

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nutrition and athletic

performance, by examining exercise metabolism, fuel utilization, and cardiovascular functions and adaptations from a non-performance enhancing supplement perspective. Specific physiologic calculations are presented to teach students how to monitor exercise intensity, as well as to improve the safety and credibility of client-specific test protocols, health and fitness training programs, and athletic competitions. To support the “exercise as medicine” approach of the text it is organized into seven major areas: Part I Scientific Aspects of Exercise Physiology Part II Training the Cardiorespiratory and Muscular Systems Part III Training and

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Performance Part IV Exercise Is
Medicine Part V Exercise
Biomechanics Part VI Anatomy of
Sports and Exercise Part VII The
Profession of Exercise Physiology

Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training. The book is lavishly illustrated with full-color graphics and photos and includes real-life cases, laboratory-type activities, and practical problem-solving questions. This edition has an Integrated Workbook in the margins that reinforces concepts, presents activities to test knowledge, and aids students in

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taking notes. An accompanying CD-ROM contains multiple-choice and true/false questions to help students prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.

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