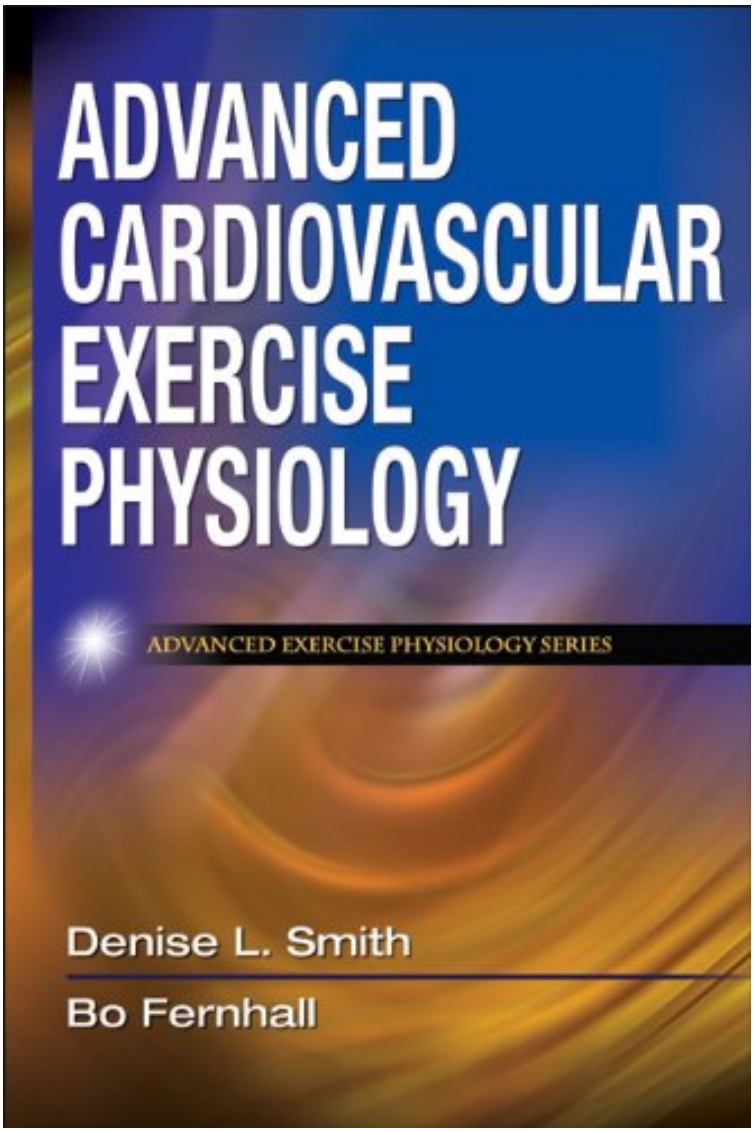
Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology)

Denise L. Smith, Bo Fernhall



#122636 in Books Human Kinetics 2010-12-09Original language:EnglishPDF # 1 .80 x 7.00 x 10.00l, 1.47 #File Name: 0736073922240 pagesSHK01367 | File size: 31.Mb

Denise L. Smith, Bo Fernhall : Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology) before purchasing it in order to gage whether or not it would be worth my time, and all praised Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology):

1 of 1 people found the following review helpful. Great text for "middle of the road" physiogy studentsBy SaraThis book is an excellent read for someone who has a basic understanding of physiology and is interested in delving into

some of the more detailed mechanisms surrounding cardiovascular responses to exercise. However, I frequently have to refer to other texts and research articles in order to acquire the depth of knowledge that I find necessary. The language/ tone of the book is simplistic and easy to understand, which is a plus. So, if you have taken a physiology course or two, then I recommend this book. If you have taken multiple physiology classes, then the book can serve as a good secondary supplement to original research articles.0 of 0 people found the following review helpful. I am required to read this book as part of ...By Verinese Garnier DraytonI am required to read this book as part of my Ph.D program. The information is a little heavy, but definitely enjoyable!!2 of 2 people found the following review helpful. School Required BookBy Louise MacIlvaneI purchased this book for a class I recently took in a master's program. While I am a supporter of well written texts for academia this was a disappointment. From my perspective, it was so advanced in its content I often felt I needed to refer back to other texts or online support to attain a concept. Bottom line: this is a well written book, but you must know your stuff and know it well before expecting this book to enhance your exercise physiology base.

Written for students and professionals working within exercise science and related health professions, Advanced Cardiovascular Exercise Physiology systematically details the effect of acute and chronic exercise training on each component of the cardiovascular system: the heart, the vasculature, and the blood (including blood clotting factors). Readers will gain a comprehensive understanding of the cardiovascular system and learn how to apply this knowledge to their work with athletes, other active individuals, and patients who have cardiovascular risk factors. Advanced Cardiovascular Exercise Physiology highlights the complex interaction of the components of the cardiovascular system both at rest and during exercise. Using the latest scientific and medical research, this text presents engaging discussion of cardiovascular responses and adaptions to both acute and chronic aerobic and resistance exercise training. In addition, specific attention is paid to the beneficial effects of exercise on the components of the cardiovascular system and the mechanisms through which regular exercise provides cardioprotection. Each chapter contains a summary to highlight key content, important terms bolded within the text for quick reference, and a key terms section at the end of each chapter defining all the bolded terms. In addition, sidebars within each chapter describe real-world examples and applications. Richly illustrated, Advanced Cardiovascular Exercise Physiology uses extensive figures and graphics to elucidate physiological mechanisms and to depict exercise responses and training adaptations. This text is divided into two sections, beginning with a concise explanation of the structure and function of each component of the cardiovascular system. In the second section, readers encounter detailed discussion of the acute and chronic effects of aerobic and resistance exercise on cardiac function, vascular function, and hemostatic variables. Advanced Cardiovascular Exercise Physiology provides a framework for understanding how the components of the cardiovascular system cooperate to support exercise and how those components adapt to and benefit from a systematic program of exercise training. By presenting current research that elucidates the specific effects and benefits of exercise on the cardiovascular system, Advanced Cardiovascular Exercise Physiology also offers readers possible future directions for research. Human Kinetics Advanced Exercise Physiology series offers books for advanced undergraduate and graduate students as well as professionals in exercise science and kinesiology. These books highlight the complex interaction of the various systems both at rest and during exercise. Each text in this series offers a concise explanation of the system and details how each is affected by acute exercise and chronic exercise training. Advanced Cardiovascular Exercise Physiology is the second volume in the series.

[This book] is well written and supported with up-to-date, peer-reviewed literature... It is a quick read due to its clear and concise style and should be kept as both a hands-on resource guide and a primary textbook for the classroom. Doodys Book (5-star review) About the Author Denise L. Smith, PhD, is a professor in the department of health and exercise sciences and the class of 1961 term professor at Skidmore College. She also holds an appointment as a research scientist at the University of Illinois Fire Service Institute. She received her PhD from the University of Illinois in exercise physiology in 1990. For nearly two decades, Smith has conducted scientific research on cardiovascular responses to exercise. Her research is focused on the physiological strain associated with heat stress, with a specific emphasis on cardiovascular and thrombotic responses to firefighting. She has led several federally funded research projects dealing with the cardiovascular strain of firefighting. Smith has published studies on heat stress, cardiovascular function, and the physiological aspects of firefighting in numerous peer-reviewed scientific journals, including the American Journal of Cardiology, Medicine and Science in Sports and Exercise, Ergonomics, Journal of Thermal Biology, and Aviation, Space and Environmental Medicine. Smith has collaborated extensively with fire service organizations, has served in leadership roles in the American College of Sports Medicine, and is a member of the American Physiological Society. Bo Fernhall, PhD, is a professor in the department of kinesiology and community health at the University of Illinois at Urbana-Champaign. He received his PhD in exercise physiology from Arizona State University in 1984. Fernhall has nearly 30 years of experience in cardiovascular research, with a current focus on how exercise and diet affect heart, arterial, and autonomic function. He also directed cardiovascular rehabilitation programs for over 20 years, combining research and clinical experience. Fernhall is a fellow of the

American Heart Association, the American Association of Cardiopulmonary Rehabilitation, and the American College of Sports Medicine. He was elected to the American Academy of Kinesiology and Physical Education in 2005. He has won several national research awards, most recently the G. Lawrence Rarick National Research Award in 2006 for his research on the benefits of exercise in people with disabilities. Fernhall has published over 160 peer-reviewed manuscripts in scientific journals, including the American Journal of Cardiology, Amercan Journal of Hypertension, American Journal of Physiology, Atherosclerosis, European Heart Journal, and Medicine and Science in Sports and Exercise.