Advanced Environmental Exercise Physiology (Advanced Exercise Physiology)

Stephen Cheung
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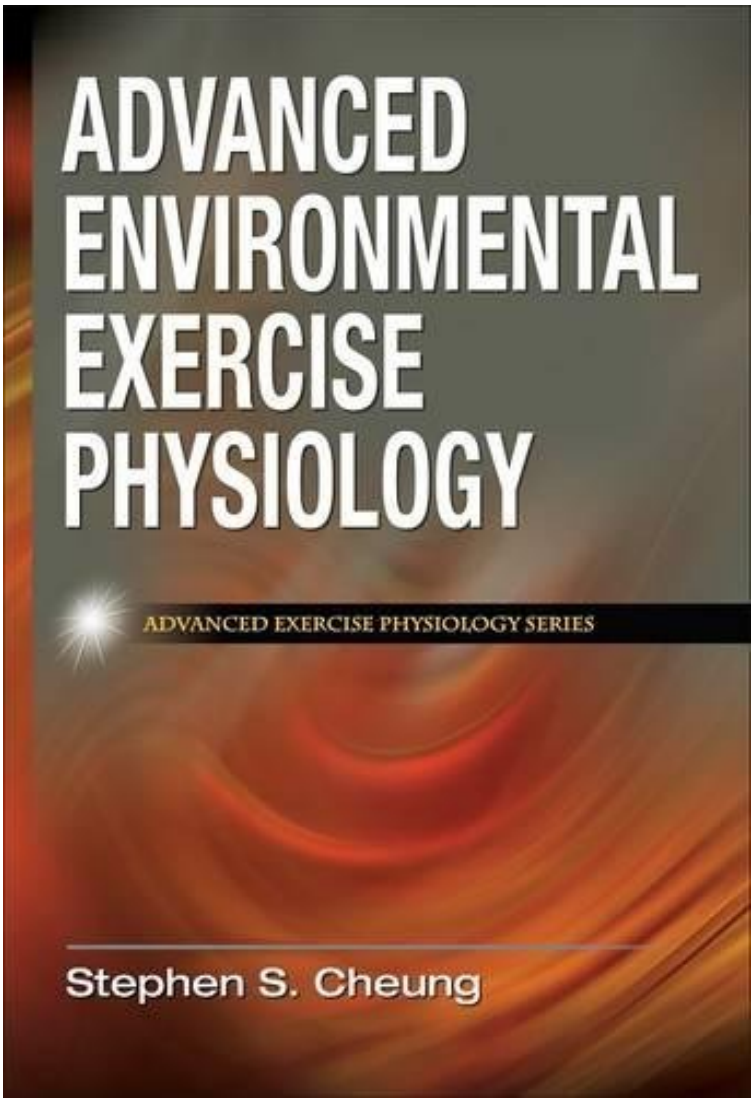

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Stephen Cheung : Advanced Environmental Exercise Physiology (Advanced Exercise Physiology) before purchasing it in order to gage whether or not it would be worth my time, and all praised Advanced Environmental Exercise Physiology (Advanced Exercise Physiology):

0 of 0 people found the following review helpful. definitely advanced, but easy to understandBy CustomerI used this for my Master's in Kinesiology. It was very detailed and informative--obviously it was on the required book list, but very helpful!1 of 1 people found the following review helpful. more like an overviewBy Gena GuerinThe book is

okay, more like an overview. We are using other readings for my class to supplement the material.0 of 0 people found the following review helpful. For SchoolBy KaitlynIt was an interesting read that was mandatory for one of my University Classes. It was useful and helped with me class work.

Students entering advanced study of environmental physiology may have little experience in researching environmental physiology or may not realize the depth and breadth of the field. Advanced Environmental Exercise Physiology offers the first complete look at the scope and major ideas of environmental exercise physiology. It provides students with a solid grounding in prominent research topics and a thorough understanding of the key concepts and current debates in the field. Using an integrative approach, Advanced Environmental Exercise Physiology, the first book in Human Kinetics Advanced Exercise Physiology series, considers the human capacity to exercise in and tolerate various environments. Readers will examine the major impact of each environment explored, and they will discover areas of current debate to stimulate further research. The text also helps students directly link the research to athletic and occupational situations in various environments. Through Advanced Environmental Exercise Physiology, students will learn the following: The initial physiological responses upon exposure to an environment that a person is not adapted to How the body adapts to repeated exposure to an environment How various environments affect the ability to exercise and work Individual variability in response to stressful environments Readers will also gain a firm knowledge of the application of basic exercise physiology to specific environmental stressors by looking at the countermeasures that people can take to minimize the impact of environmental stressors. Among the issues explored in this text are the effects of heat, hydration, and cold in the thermal environment; diving, altitude training, and other pressure effects on the human system; and the influences that pollution and air quality have on exercise. The text also explores the microgravity (space) environment and chronobiological rhythms and their effects on exercise performance. Advanced Environmental Exercise Physiology addresses the primary environmental factors affecting people when they are exercising and competing in sport, and it provides evidence-based information with numerous references. By linking research with recommendations for real-world situations, this text serves as an invaluable resource for students and professionals alike. 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 clear and concise explanation of the system and details how each is affected by acute exercise and chronic exercise training.

About the Author Stephen S. Cheung, PhD, is the Canada research chair in environmental ergonomics in the department of physical education and kinesiology at Brock University in St. Catharines, Ontario. Dr. Cheung has published more than 45 papers in topics that span the chapters in this book, including extensive publication on hyperthermia and its effect on exercise capacity and fatigue as well as the effects of cold on manual function and marine survival. Dr. Cheung is a member of many professional organizations, including the Canadian Society for Exercise Physiology, the American College of Sports Medicine, and the Aerospace Medical Association. He serves on the executive committee of the International Conference on Environmental Ergonomics, and he graduated with honors from the prestigious International Space University in Barcelona. He received his PhD in exercise science from the University of Toronto. In his leisure time, Dr. Cheung enjoys bicycling and racing, playing squash, and reading.