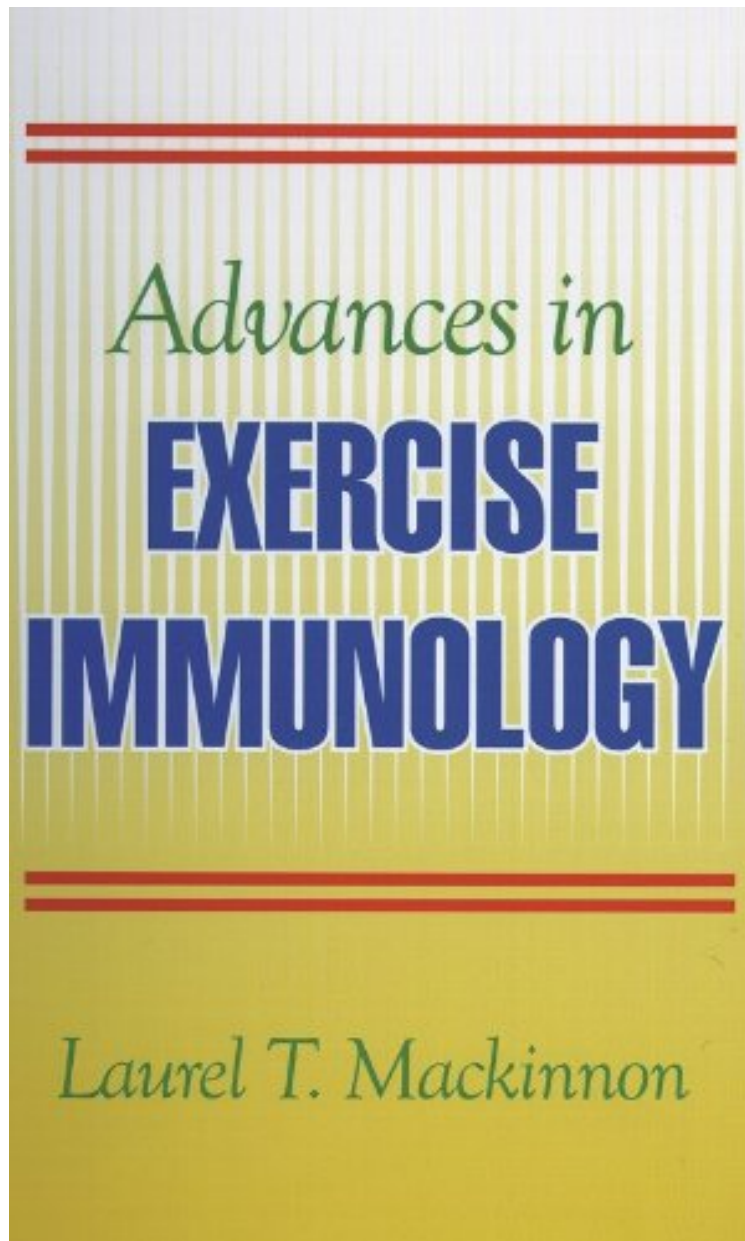


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Advances in Exercise Immunology

Laurel Mackinnon

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Laurel Mackinnon : Advances in Exercise Immunology before purchasing it in order to gauge whether or not it would be worth my time, and all praised Advances in Exercise Immunology:

0 of 0 people found the following review helpful. An advanced academic literature review By Robert M. Rohland This

book is a literature review of the field of exercise immunology as far as 1999. It covers, in exquisite detail, research on how athletic training influences the immune system and vice-versa. If you don't have a university-level biomedical education, you will have a very hard time reading it. Even with some familiarity with medical terminology and immunology, it is a tough and rigorous read. This is not like reading Scientific American! The author gives a summary of the human immune system in chapter 2, but it is still necessary for the reader to know the functions of neutrophils, monocytes, macrophages, B- and T-lymphocytes, NK cells, the various classes of immunoglobulins, various cytokines, and acute phase proteins. The research reviewed in this book focuses on athletes, not ordinary persons trying to get fit. Most of the major "interesting" immune effects are seen with intense and prolonged physical training. The applications of the material in this book should be of keen interest to coaches and athletes themselves who want to avoid the "overtraining syndrome." 0 of 0 people found the following review helpful. Great book By Jorge A. S. Mendes I think that this book is great, it explains everything about exercise immunology in a clear and very intelligent way. It's a complex matter, but, not impossible to understand...:) Buy it, you won't regret. Jorge

The author of the groundbreaking *Exercise and Immunology* returns with *Advances in Exercise Immunology*, a thorough and unparalleled study of the relationship between exercise and immune function. You'll learn why athletes are susceptible to illness during intense training, how various immune system components respond to exercise, how regular exercise may influence disease progression—including cancer and HIV/AIDS—and whether exercise may help restore immune function in the aged and during spaceflight. *Advances in Exercise Immunology* explores—whether athletes are more susceptible to illness than the general public;—the effects of exercise on resistance to infectious disease and whether infection adversely influences exercise performance;—the effects of exercise on immune cell function and other mediators of immunity;—the effects of exercise on specific aspects of immune function;—the potential clinical applications of exercise immunology; and—the current state of knowledge and future directions of the field. The book's organizational structure makes it accessible to readers of differing backgrounds and interests. Researchers and graduate students will appreciate that each chapter is a separate, detailed review of a specific topic. Those new to the field will benefit from the comprehensive overview of all areas of exercise immunology. Summaries of research findings, practical applications, and areas yet to be explored conclude each chapter and serve as useful review material and thought-provoking guideposts to future study. Introductory readers will find these features helpful in understanding key issues in the field, and graduate students and researchers can use them to extend their own research. Research efforts in the field of exercise immunology have expanded and intensified as more exercise scientists and health care professionals recognize the importance of this discipline. *Advances in Exercise Immunology* is the vital resource you need to keep abreast of this flourishing field of study.

About the Author Laurel T. MacKinnon, PhD, has conducted research on the immune response to exercise since 1985 and is internationally recognized for her work on overtraining and immune function in athletes. She is associate professor in the Department of Human Movement Studies, the University of Queensland, Brisbane, Australia. In 1992, Dr. MacKinnon authored *Exercise and Immunology*, the first book to explore the intriguing relationship between exercise and the immune system. She serves as associate editor of exercise and immunology for *Medicine and Science in Sport and Exercise* and is on the editorial board of *Exercise Immunology*. She has received grant funding for projects related to overtraining and immune function in athletes. Dr. MacKinnon is a fellow of Sports Medicine Australia and the American College of Sports Medicine. She is a former board member of the International Society of Exercise and Immunology (ISEI) and the Australian Association for Exercise and Sports Science. In 1997, she served as program chair for the international symposium of ISEI in Germany. Dr. MacKinnon earned her PhD in exercise science at the University of Michigan. She previously held the position of research assistant professor at the University of New Mexico School of Medicine.