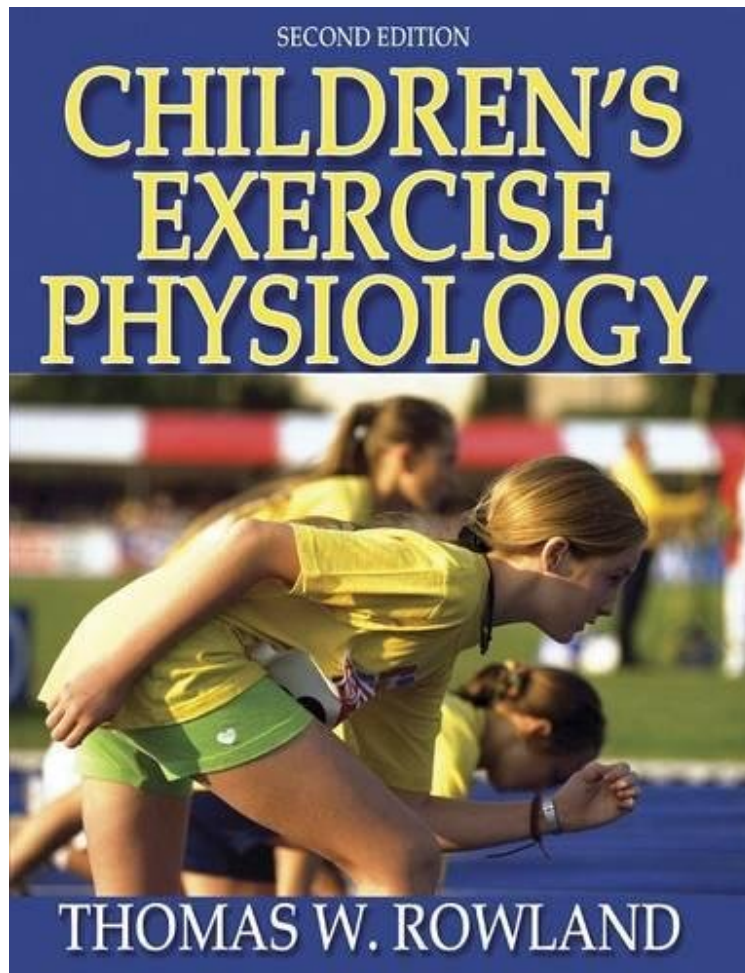


Children's Exercise Physiology

Thomas Rowland

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The reorganized and newly revised *Children's Exercise Physiology, Second Edition*, presents the most up-to-date research, methodology, and approaches related to children's physiologic responses to exercise. The book examines not only the current major issues that separate children from adults, but also the underlying mechanisms of these differences. Readers will learn what makes children different from adults physiologically such as size, biochemical differences, neuromuscular differences, and lack of sexual and hormonal maturation and the reasons for these differences. Those involved with young athletes, disease management, and health promotion will gain valuable insight into the physiologic determinants of exercise performance. Children's exercise physiology is a fast-moving field. In the eight years since the first edition of this book was published, much new information has surfaced. This streamlined new edition contains 13 instead of 15 chapters, an introduction, and updated features: Chapter objectives, discussion questions and research directions, and a glossary of terms promote learning. A reorganized table of contents improves the flow from chapter to chapter. A new final chapter covers the role of the central nervous system. Also included is in-depth discussion of the determinants of aerobic fitness and VO₂ kinetics and the significance of maximal aerobic power in children. With improved chapters on thermoregulation and metabolic and endocrinologic responses to exercise, you can be confident you're getting the latest information with *Children's Exercise Physiology, Second Edition*.

About the Author Thomas W. Rowland, MD, is director of pediatric cardiology at the Baystate Medical Center in Springfield, Massachusetts, where he established an exercise testing laboratory. The author of *Exercise and Children's Health* and editor of the journal *Pediatric Exercise Science* for the past 15 years, he has extensive research experience in exercise physiology of children. Dr. Rowland has served as president of the North American Society for Pediatric Exercise Medicine (NASPEM) and was on the board of trustees of the American College of Sports Medicine (ACSM). He is a past president of the New England chapter of the ACSM and received the ACSM Honor Award in 1993. Since receiving BS and MD degrees from the University of Michigan in 1965 and 1969, Dr. Rowland has been an assistant and associate professor of pediatrics at the University of Massachusetts Medical School in Worcester (1977 to 1990) and an assistant and associate clinical professor of pediatrics at Tufts University School of Medicine in Boston (1975 to the present). He is professor of pediatrics at Tufts University School of Medicine and adjunct professor of exercise science at the University of Massachusetts. In addition to conducting extensive research, Dr. Rowland has written and spoken about developmental exercise physiology, the effects of lifestyle on cardiovascular function in children, iron deficiency in adolescent athletes, and the determinants of exercise performance in children.