



Exercise Physiology for Health, Fitness, and Performance

By Sharon A. Plowman PhD, Dr. Denise L. Smith PhD

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Updated for its Third Edition, this undergraduate exercise physiology 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. The book combines basic exercise physiology with special applications and contains flexible organization of independent units, so instructors can teach according to their own approach.

Each unit is designed with a consistent and comprehensive sequence of presentation: basic anatomy and physiology, the measurement and meaning of variables important to understanding exercise physiology, exercise responses, training principles, and special applications, problems, and considerations.

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Editorial Review

From the Back Cover

This innovative book incorporates two new integrative approaches to exercise physiology. Each of the three major units (the cardiovascular-respiratory system, the metabolic system, and the neuromuscular-skeletal system) follows a consistent sequence of presentation, namely: basic anatomy and physiology (including neuro-hormonal regulation), the measurement and meaning of exercise physiology variables, exercise responses, training principles and adaptations, and special applications, problems, or considerations. All of the populations encountered by professionals in the workplace (children, adolescents, young to middle aged adults and the elderly) are considered within each chapter. Coverage of special topics such as strength training for children, post-menopausal osteoporosis, eating disorders in adolescents and young adults, and immunology and overtraining in elite athletes highlights specific age and sex concerns. For professionals working in the field of exercise.

About the Author

Sharon A. Plowman earned her Ph.D. at the University of Illinois at Urbana-Champaign under the tutelage of Dr. T. K. Cureton Jr. She is a professor in the Department of Kinesiology and Physical Education and Director of the Exercise Physiology Laboratory at Northern Illinois University. Dr. Plowman has taught for 34 years including classes in exercise physiology, stress testing, and exercise bioenergetics. She has published more than 65 scientific and research articles in the field as well as numerous applied articles on physical fitness with emphasis on females and children in such journals as *ACSM's Health & Fitness Journal*; *Annals of Nutrition and Metabolism*; *Human Biology: Medicine and Science in Sports & Exercise*; *Pediatric Exercise Science*; and *Research Quarterly for Exercise and Sport*. She is a co-author with M. H. Anshel (ed.) et al. of the *Dictionary of the Sport and Exercise Sciences* (1991).

Dr. Plowman is a Fellow in the American College of Sports Medicine, and served on the Board of Trustees of that organization from 1980-83. In 1992 she was elected an Active Fellow by the American Academy of Kinesiology and Physical Education. She serves on the Advisory Council for FITNESSGRAM. The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) recognized her with the Mable Lee Award in 1976 and the Physical Fitness Council Award in 1994. Dr. Plowman received the Excellence in Teaching Award (at Northern Illinois University at the department level in 1974 and 1975 and at the university level in 1975) and the Distinguished Alumni Award from the Department of Kinesiology at the University of Illinois at Urbana-Champaign in 1996.

Denise L. Smith is an Associate Professor in the Department of Exercise Science, Dance and Athletics and Director of the Human Performance Laboratory at Skidmore College. With a Ph.D. in kinesiology and specialization in exercise physiology from the University of Illinois at Urbana-Champaign, Dr. Smith has taught for more than 11 years, including classes in anatomy and physiology, cardiorespiratory aspects of human performance, neuromuscular aspects of human performance, and research design. Much of her research is focused on the physiological effects of firefighting, particularly the cardiovascular strain associated with firefighting. She has published in such journals as *Aviation, Space and Environmental Medicine*; *Ergonomics*; *European Journal of Applied Physiology*; *Journal of Cardiopulmonary Rehabilitation*; and *Medicine and Science in Sports & Exercise*.

Dr. Smith is a Fellow in the American College of Sports Medicine and has served as secretary for the Occupational Physiology Interest Group and as a member of the National Strategic Health Initiative Committee. She has also served on the executive board and as an officer for the MidAtlantic Regional Chapter of ACSM. Since 1994 she has been a visiting professor at the University of Illinois Fire Service Institute at Urbana-Champaign.

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