



# Physiology of Sport and Exercise, Fourth Edition

*Dr. Jack H. Wilmore, Dr. David Costill, W. Larry Kenney*

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The leading textbook for undergraduate exercise physiology courses, *Physiology of Sport and Exercise*, is back in an updated fourth edition that is better than ever after extensive external reviews of the previous edition by nine content experts. Renowned authors Jack Wilmore and David Costill add the expertise of W. Larry Kenney to bring a fresh perspective to the organization and content of the fourth edition.

Building on the positive feedback of previous editions, *Physiology of Sport and Exercise, Fourth Edition*, presents the complex relationship between human physiology and exercise in a format that is more comprehensive for students than other comparable texts. Ease of reading and understanding is the cornerstone for this popular text, and students will experience a depth and breadth of content balanced with unique and effective learning features:

- Online learning. The text is automatically packaged with an access code for the online student guide. With the inclusion of the access code in the text, students will be reminded to access the Web site more readily. The convenient Web site format of the student guide allows students to practice, review, and develop knowledge and skills about the physiology of sport and exercise.

- Accessible layout. The book is divided into seven parts, each with opening text that briefly describes the contents of the chapters in that part. Chapter outlines with page numbers help students locate material, including the related online study guide activities.

- Keys to comprehension. In each chapter, key points and key terms are highlighted. The key terms are listed at the end of the chapter and defined in the glossary, thus increasing students' opportunities for recall, transfer of information, and self-testing.

- Review and reflection. Review boxes scattered throughout each chapter remind students of the major points presented. Study questions allow students to test their knowledge of the chapter's contents. Reminders of available study guide activities encourage students to explore additional learning opportunities.

- Reference and extended study. A comprehensive glossary and a thorough index help students navigate both the text and subject matter. Plus, a listing of references and selected readings provide additional information about topics of special interest.

- Abbreviations and conversions. A list of common abbreviations on the inside front cover and a list of conversions on the inside back cover of the text provide a quick and easy reference for students while they complete labs and assignments.

In an effort to reduce “backpack bulge,” the fourth edition has been carefully streamlined to offset the addition of new chapters or pages. Updated research, modernized artwork, and a reorganization of material provide a focused and effective presentation of concepts within a slightly smaller—and lighter—textbook. Chapters regarding nutrition and body composition are now combined to reduce information overlap, and references and selected readings from each chapter are grouped at the end of the text.

The authors, all distinguished researchers and past presidents of the American College of Sports Medicine, combine their expertise to deliver a level of technical content superior to that in previous editions with the inclusion of new and updated topics:

- New information regarding exercise training principles and the adaptations in muscle, hormonal control, neural control, metabolism, and cardiorespiratory function with both resistance training and aerobic and anaerobic training

- A more in-depth presentation of the body's adaptations in hot and cold environments and at altitude

-Updated content on how general principles of exercise and sport physiology are specifically applied to children and adolescents, older individuals, and women

-The latest research in exercise prescription for health and fitness, including the unique role of physical activity for rehabilitation and the prevention and control of cardiovascular disease, obesity, and diabetes  
To facilitate a more integrated learning experience, both students and instructors can take advantage of the online ancillaries included in the fourth edition of *Physiology of Sport and Exercise*. The free online student study guide offers an improved interface and new learning activities that complement each chapter in the book. Additionally, helpful study guide reminders and the inclusion of an access code within the book prompt students to access the online guide to practice, review, and develop their understanding of chapter concepts.

Students can also use the guide's dynamic and interactive learning activities to conduct experiments outside the lab. Key concepts are reinforced as students conduct self-made experiments and record their own physiological responses to exercise. In addition, the study guide offers access links to scientific and professional journals as well as organization and career information.

*Physiology of Sport and Exercise, Fourth Edition*, stands alone as the best, most comprehensive resource framing the latest research findings in a reader-friendly format. This winning combination makes it easier—and more engaging—than ever for students to develop their understanding of the body's marvelous abilities to perform various types and intensities of exercise and sport, to adapt to stressful situations, and to improve its physiological capacities.

### **Includes an online student study guide!**

To assist students using the text, *Physiology of Sport and Exercise, Fourth Edition*, has a companion online student study guide. Completely integrated with the text, the study guide allows students to experience content through multiple dimensions. Students will receive free access to the study guide with the purchase of a new text, or it may be purchased as a separate component. The site offers **self-rating checklists** that allow students to target concepts they need extra help with and unique “**My Notes**” **study aids** that are customizable and can be saved to a student's computer. **Activity feedback** presents specific text page references to review for incorrect responses. Additional resources in the online study guide include **glossary terms** that are emphasized on their first appearance and include a pop-up definition, **quizzes** that test students' knowledge of the material, and **links** to professional journals as well as organization and career information to extend students' knowledge beyond the school environment.

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