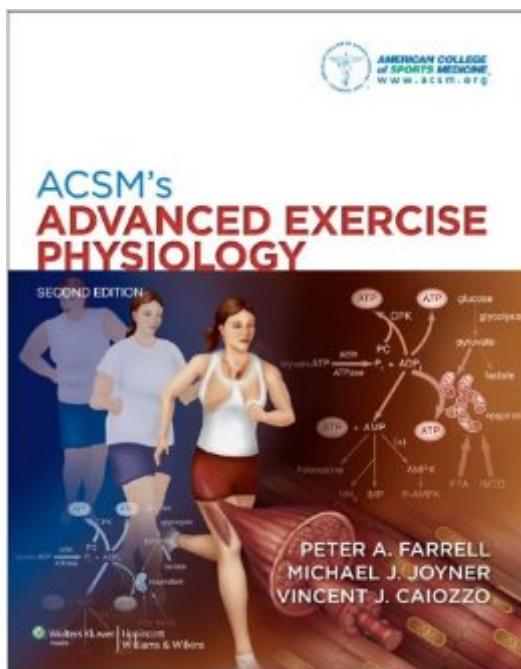


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ACSM's Advanced Exercise Physiology



Synopsis

Written at a graduate level, the Second Edition of ACSM's Advanced Exercise Physiology enables experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. Moreover, it examines how these physiological responses are affected by heat, cold, hypoxia, microgravity, rest, and hyperbaria. This Second Edition features a team of international authors and editors whose expertise spans general physiology, exercise physiology, and research. Together, they have substantially revised, updated, and reorganized the text to incorporate feedback from both instructors and students.

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Customer Reviews

I tried reading this book the first time and only understood about 20% of what I was reading. So I stopped, bought and read the book Physiology of Sport and Exercise before reading this one, believe me it makes a big difference. This is an advanced book with advanced terminology, but damn is it thorough. The first few chapters are boring because they mostly talk about the locomotion involved with walking, the spinal cord and nervous system. But when it gets into the skeletal muscle chapters, it gets very interesting. I advise anyone who plans on reading this to go through it slowly and highlight or underline the important sentences. Now I probably understand

95% of what I am reading.

Overall I think this is a very essential textbook for any Exercise Physiologist. At times the text can get a bit confusing as the author's go beyond the depth for this particular text, however this book gives a great overview of the major concepts and ideas.

This is a very interesting book that covers several exercise physiology topics in much more depth than other similar books. Therefore, this is a valuable resource for teachers lecturing physiology or PhD students engaged in exercise sciences. Nevertheless, the book is not very didactical, as the subjects in each chapter are not presented in a clearly logical sequence, as it is in other similar exercise physiology books. Sometimes the writing resembles more a review article than a textbook.

My advice is that this is a very good book if you already have a solid background in general physiology and exercise physiology but want a solid reference with a somewhat different approach to these topics. If you just jumped into exercise physiology it is my advice that you should opt for other, more didactical and straightforward book.

I teach Physiology and Exercise physiology in Costa Rica. By far this is the best exercise physiology book ever written... You find any mechanism... great for teachers and students who want to know a little more

I am finishing my master in sport medicine, and after 3 years reading all kind of book about exercise physiology, this is the best one! Recommended!!!

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