

brief contents

Chapter

- 1 Epidemiology, Physical Activity, Exercise, and Health 1
- 2 Basic Training Principles for Exercise 37
- 3 Neuromuscular Responses and Adaptations to Exercise 65
- 4 Basics of Exercise Metabolism 109
- 5 Fuel Utilization during Exercise 127
- 6 Hormonal Regulation of Metabolism during Exercise 145
 - 6A. Exercise, Obesity, and Metabolic Syndrome 175
 - 6B. Exercise and Diabetes Mellitus 189
- 7 The Cardiovascular System and Exercise 209
- 8 Cardiovascular Adaptations to an Exercise Program 257
- 9 The Respiratory System and Exercise 289
- 10 Measurement of Common Cardiorespiratory Responses Related to Exercise 333
- 11 Basics of Nutrition for Exercise 367
- 12 Nutritional Strategies and Ergogenic Aids to Enhance Exercise 401
- 13 Body Composition and Weight Management 427
- 14 Adaptations to Environmental Extremes: Heat, Cold, Altitude, and Air Pollution 465

Appendix A-1

Glossary G-1

Index I-1