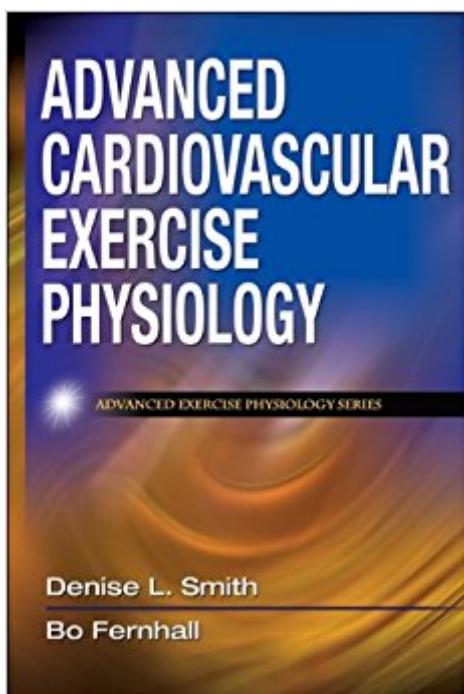


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# Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology)



## Synopsis

Written for students and professionals working within exercise science and related health professions, Advanced Cardiovascular Exercise Physiology systematically details the effect of acute and chronic exercise training on each component of the cardiovascular system: the heart, the vasculature, and the blood (including blood clotting factors). Readers will gain a comprehensive understanding of the cardiovascular system and learn how to apply this knowledge to their work with athletes, other active individuals, and patients who have cardiovascular risk factors. Advanced Cardiovascular Exercise Physiology highlights the complex interaction of the components of the cardiovascular system both at rest and during exercise. Using the latest scientific and medical research, this text presents engaging discussion of cardiovascular responses and adaptions to both acute and chronic aerobic and resistance exercise training. In addition, specific attention is paid to the beneficial effects of exercise on the components of the cardiovascular system and the mechanisms through which regular exercise provides cardioprotection. Each chapter contains a summary to highlight key content, important terms bolded within the text for quick reference, and a key terms section at the end of each chapter defining all the bolded terms. In addition, sidebars within each chapter describe real-world examples and applications. Richly illustrated, Advanced Cardiovascular Exercise Physiology uses extensive figures and graphics to elucidate physiological mechanisms and to depict exercise responses and training adaptations. This text is divided into two sections, beginning with a concise explanation of the structure and function of each component of the cardiovascular system. In the second section, readers encounter detailed discussion of the acute and chronic effects of aerobic and resistance exercise on cardiac function, vascular function, and hemostatic variables. Advanced Cardiovascular Exercise Physiology provides a framework for understanding how the components of the cardiovascular system cooperate to support exercise and how those components adapt to and benefit from a systematic program of exercise training. By presenting current research that elucidates the specific effects and benefits of exercise on the cardiovascular system, Advanced Cardiovascular Exercise Physiology also offers readers possible future directions for research. Human Kinetics™ Advanced Exercise Physiology series offers books for advanced undergraduate and graduate students as well as professionals in exercise science and kinesiology. These books highlight the complex interaction of the various systems both at rest and during exercise. Each text in this series offers a concise explanation of the system and details how each is affected by acute exercise and chronic exercise training. Advanced Cardiovascular Exercise Physiology is the second volume in the series.

## Book Information

Series: Advanced Exercise Physiology

Hardcover: 240 pages

Publisher: Human Kinetics; 1 edition (December 9, 2010)

Language: English

ISBN-10: 0736073922

ISBN-13: 978-0736073929

Product Dimensions: 10 x 7 x 0.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 5 customer reviews

Best Sellers Rank: #145,169 in Books (See Top 100 in Books) #86 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Cardiology #122 in Books > Medical Books > Medicine > Internal Medicine > Cardiology #250 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Physical Therapy

## Customer Reviews

âœ[This book] is well written and supported with up-to-date, peer-reviewed literature... It is a quick read due to its clear and concise style and should be kept as both a hands-on resource guide and a primary textbook for the classroom.â • â " Doodyâ™s Book Review (5-star review)

Denise L. Smith, PhD, is a professor in the department of health and exercise sciences and the class of 1961 term professor at Skidmore College. She also holds an appointment as a research scientist at the University of Illinois Fire Service Institute. She received her PhD from the University of Illinois in exercise physiology in 1990. For nearly two decades, Smith has conducted scientific research on cardiovascular responses to exercise. Her research is focused on the physiological strain associated with heat stress, with a specific emphasis on cardiovascular and thrombotic responses to firefighting. She has led several federally funded research projects dealing with the cardiovascular strain of firefighting. Smith has published studies on heat stress, cardiovascular function, and the physiological aspects of firefighting in numerous peer-reviewed scientific journals, including the American Journal of Cardiology, Medicine and Science in Sports and Exercise, Ergonomics, Journal of Thermal Biology, and Aviation, Space and Environmental Medicine. Smith has collaborated extensively with fire service organizations, has served in leadership roles in the American College of Sports Medicine, and is a member of the American Physiological Society. Bo Fernhall, PhD, is a professor in the department of kinesiology and community health at the

University of Illinois at Urbana-Champaign. He received his PhD in exercise physiology from Arizona State University in 1984. Fernhall has nearly 30 years of experience in cardiovascular research, with a current focus on how exercise and diet affect heart, arterial, and autonomic function. He also directed cardiovascular rehabilitation programs for over 20 years, combining research and clinical experience. Fernhall is a fellow of the American Heart Association, the American Association of Cardiopulmonary Rehabilitation, and the American College of Sports Medicine. He was elected to the American Academy of Kinesiology and Physical Education in 2005. He has won several national research awards, most recently the G. Lawrence Rarick National Research Award in 2006 for his research on the benefits of exercise in people with disabilities. Fernhall has published over 160 peer-reviewed manuscripts in scientific journals, including the American Journal of Cardiology, American Journal of Hypertension, American Journal of Physiology, Atherosclerosis, European Heart Journal, and Medicine and Science in Sports and Exercise.

This book is an excellent read for someone who has a basic understanding of physiology and is interested in delving into some of the more detailed mechanisms surrounding cardiovascular responses to exercise. However, I frequently have to refer to other texts and research articles in order to acquire the depth of knowledge that I find necessary. The language/ tone of the book is simplistic and easy to understand, which is a plus. So, if you have taken a physiology course or two, then I recommend this book. If you have taken multiple physiology classes, then the book can serve as a good secondary supplement to original research articles.

I am required to read this book as part of my Ph.D program. The information is a little heavy, but definitely enjoyable!!

I purchased this book for a class I recently took in a master's program. While I am a supporter of well written texts for academia this was a disappointment. From my perspective, it was so advanced in its content I often felt I needed to refer back to other texts or online support to attain a concept. Bottom line: this is a well written book, but you must know your stuff and know it well before expecting this book to enhance your exercise physiology base.

This textbook was very well presented and easy to understand, perfect for an undergraduate level. However, there were some information errors. This isn't totally uncommon in a 1st edition book like this one is (according to my professor) but there is room for improvement in the next edition.

Overall, a great price on a very information-packed book.

The book has so many details in it about the cardiovascular system - it's worthwhile to read this book if you're really interested in the performance of the human body when exercising.

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