

Exercise Physiology: Energy, Nutrition, and Human Performance

By William D. McArdle, Frank I. Katch, Victor L. Katch, McArdle


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This student text emphasizes nutrition and the use of energy systems during training. A new chapter has been added for this edition on clinical exercise physiology for cardiovascular and pulmonary resuscitation, and there are "Focus on Research" sections with synopses of actual published experiments and studies in the field - these seek to demonstrate the principles of the text in the context of real-world clinical physiology, nutrition and exercise science. There is also an accompanying Class Preparation Guide, which challenges students and provides a reinforcement of information in the text. A new appendix has been added, on the 1995 ACSM Position Stamps.

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