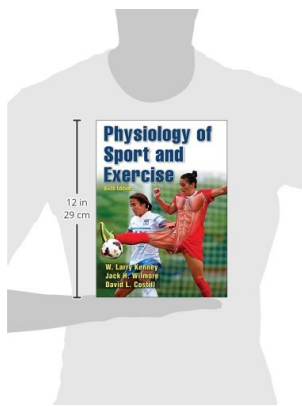


[PDF] Physiology Of Sport And Exercise 6th Edition With Web Study Guide

W. Larry Kenney, Jack Wilmore, David Costill - pdf download free book



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Description:

Physiology of Sport and Exercise, Sixth Edition With Web Study Guide, frames research findings in physiology in a reader-friendly format, making this textbook a favorite of instructors and students

alike. This resource offers a simple way for students to develop an understanding of the body's abilities to perform various types and intensities of exercise and sport, to adapt to stressful situations, and to improve its physiological capacities.

Written by a team of distinguished researchers, all past presidents of the American College of Sports Medicine, this updated sixth edition has been enhanced with new elements to facilitate learning comprehension. The redesigned photos, illustrations, and medical artwork of the fifth edition that clarified difficult concepts and illustrated how the body performs are now complemented by new digital components. Seven animations have been added, bringing the total to 25 and providing a dynamic way to experience course material. The 60 audio clips provide explanations of complex physiological processes to aid students' understanding of important illustrations in the text, and approximately 20 video clips from leaders in the field discuss recent developments and real-world applications to help students connect theoretical and practical concepts. Corresponding icons throughout the text notify students when digital elements are available to complement the materials.

In addition to the improved digital components, *Physiology of Sport and Exercise, Sixth Edition*, features new and updated content based on the latest research in the field:

- Updated information on high-intensity interval training (HIIT), interactions between resistance training and diet, and the relationship between protein intake and muscle synthesis
- A reorganized chapter on ergogenic aids and a clearer organization of prohibited versus legal substances
- Extensively revised chapters on physical activity and disease, including updated treatment guidelines and understandings of metabolism and disease processes
- New information on the health effects of prolonged sitting as well as osteoporosis, bone health, and effects of exercise during menopause
- A series of 76 Research Perspectives emphasizing new and emerging findings in the field

Ease of reading has been the cornerstone of this popular text. The sixth edition of *Physiology of Sport and Exercise* continues to offer comprehensive coverage of the complex relationship between human physiology and exercise while maintaining an engaging and student-friendly tone. Unique learning features allow students to build their knowledge as they discover the depth and breadth of this fascinating field of study. The book's accessible layout, including chapter-opening outlines and review boxes throughout each chapter, will help students focus on the major concepts addressed. Study questions and a list of key terms at the end of the chapter increase students' opportunities for recall and self-testing. A comprehensive glossary and lists of common abbreviations and conversions provide easy reference for students as they complete labs and assignments.

To expand the material and provide an enriched learning experience, both students and instructors can take advantage of the web-based ancillaries that accompany the text. In addition to new animations, videos, and audio clips, the web study guide includes comprehension quizzes to provide immediate feedback to students on their knowledge retention as well as end-of-unit mastery checks that students can use for evaluating their progress.

Instructors are provided with access to an instructor guide, test package, ready-to-use chapter quizzes, and a presentation package plus image bank. The presentation package includes PowerPoint slides with key points and content, which can be modified to suit a variety of class structures. An image bank features all of the graphics, artwork, and content photos from the text for easy insertion into tests, quizzes, handouts, and other course materials. Digital extras—composed of

the animations, videos, and audio clips that students find in the web study guide—bolster comprehension of challenging concepts.

Physiology of Sport and Exercise has been a cornerstone textbook of the engaging field of exercise physiology. Through dynamic and interactive learning activities, easy-to-follow layouts, and research-oriented content, students and instructors will find this an invaluable resource for their continued education.

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