



Exercise Medicine: Physiological Principles and Clinical Applications

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Exercise Medicine: Physiological Principles and Clinical Applications provides a wide array of information ranging from basic exercise physiology to how to deal with geriatric patients who exercise. This book presents useful insight into nutritional misconceptions and problems that arise in certain sports.

Organized into three parts encompassing 19 chapters, this book begins with an overview of the physiological properties of skeletal muscle during contraction. This text then examines the comparisons made between the trainability and athletic achievements of female performers versus their male counterparts. Other chapters consider the medical disorders in pediatrics that may involve exercise as a component of therapy, including cardiovascular disorder, pulmonary disorder, and obesity. This book discusses as well the adaptation of human body to endurance training and athletic activity. The final chapter deals with regular and individually-prescribed exercise that may contribute to the reduction of the risk of coronary heart disease.

This book is a valuable resource for cardiologists, sports medicine specialists, and physicians.

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