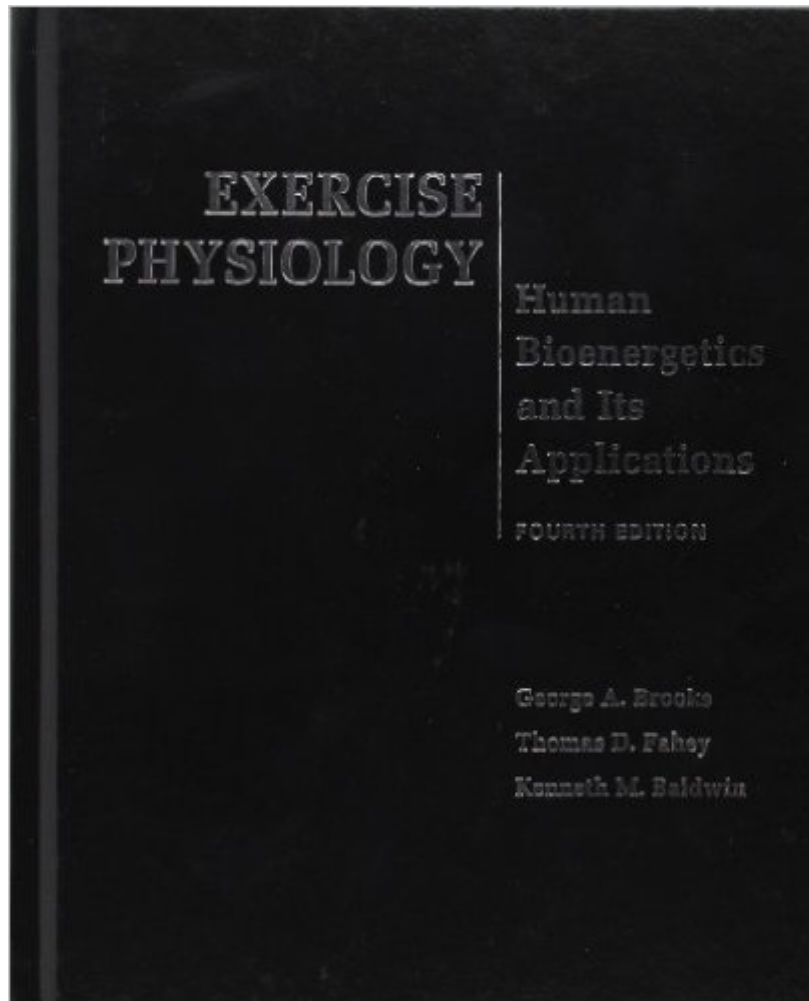


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# Exercise Physiology: Human Bioenergetics And Its Applications



## Synopsis

Considered a standard in the field, this text integrates Bioenergetics into every chapter and provides a comprehensive survey of current data and research in exercise physiology. In-depth discussion of all areas of exercise physiology makes this text an invaluable resource for students in exercise science, kinesiology, sports medicine, human biodynamics, and physical education.

## Book Information

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## Customer Reviews

This work is the Gold Standard to which all other Exercise Physiology books are measured. I was introduced to the Second Edition of the book in an entry-level class in Graduate school. To this day I find it a necessary reference from my library. Personally, the most useful information to me is on Energetics as it pertains to athletics, training adaptations, exercise testing and prescription. I use this information to help me decide how to train athletes from different sports. But, there is so much more than that in this book. Metabolism, Ventilation, Heart and Circulation (including CVD) is all covered thoroughly. I especially like Brooks' approach to physiology. Brooks, likes to examine physiology by studying the rate-limiting processes. And to a coach, like me, finding weakness and improving that weakness is crucial to winning. Another topic I enjoy is Brooks' take on the misnomer of Anaerobic Threshold and Lactic Acid. It's an extremely well-organized, well-written text. It's easy to read and a challenge at the same time. Brooks makes you think and delivers difficult information in a way that is easier to understand than other textbooks. Eric Swannie, MA, ATC, CSCS

I would have to agree with most experts in this field, that Brooks did a smashing job when writing this text. His chapters on bioenergetics are superlatively done. Outstanding graphs, analogies, coupled with an easy to understand vernacular. The chapter on bioenergetics is extremely lucid when explaining the esoteric aspects of coupled energy metabolism and muscle performance. Brad Nindl from (Penn State University) and Dr. Paul Arciero (Skidmore College) still utilize his text, and often refer to his chapters on energy metabolism and exercise. Many of our lively discussions and research ideas were spurred by Brooks text. Not only does this text serve as an outstanding learning tool, when learning the basic concepts of exercise physiology, but acts as a catalyst for innovative ideas for new research. The references are all up to date, providing easy access to "cutting-edge" researchers. His chapters on cardiovascular physiology are well organized and follow the same lucid format of the previous chapters, however, I wish he included information on the newer developments in cardiovascular physiology and exercise, such as the work being currently conducted on signal transduction and on the dysregulation of the sarcoplasmic reticulum during CHF etc.. Overall I would recommend this textbook to any serious student, scholar, physician or allied health professional who is wishing to further their understanding of this fascinating subject. I am currently using his text as a major ref. for preparing for part I of the USMLE!! Yours In Great Learning

It got here on time and it has helped me on my quest to rule the world by summoning the all powerful dark lord Cthulhu. I know it looks like an exercise science genre of book but let me tell you something: listen here young ones, after the first chapter of this book you already have finished the first quest to summoning Cthulhu into your life!. And it only gets better from there! That is why I am writing this backwards right now! I am in the final step of Summoning the great and merciful Cthulhu. Prepare your anuses. If you are still reading this then I applaud you my fellow citizen. If you cannot tell by now this is clearly a joke just to prove that people have no lives. tl:dr: the book is great and has helped me in my studies at college

Needs some deeper discussion on DM and physiology but a great book to have just the same. Helps to understand path-physiology better.

I was fortunate to have Dr Brooks as my advisor/professor during my undergraduate studies. He is a brilliant author and educator. I continue to use both editions as resources. As I prepare for my Master's thesis in Physical Therapy I am seriously considering writing it on Exercise Physiology and

Biomechanics. Very well written edition, Bravo! mjbeebe@flash.net

Needed it for graduate school. Very comprehensive book for exercise physiologists and other health science professionals.

This book is a comprehensive work in the field and serves as a 'must have' on any exercise physiologist's bookshelf.

Expensive but such a good book !!! Everything is in there !!

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