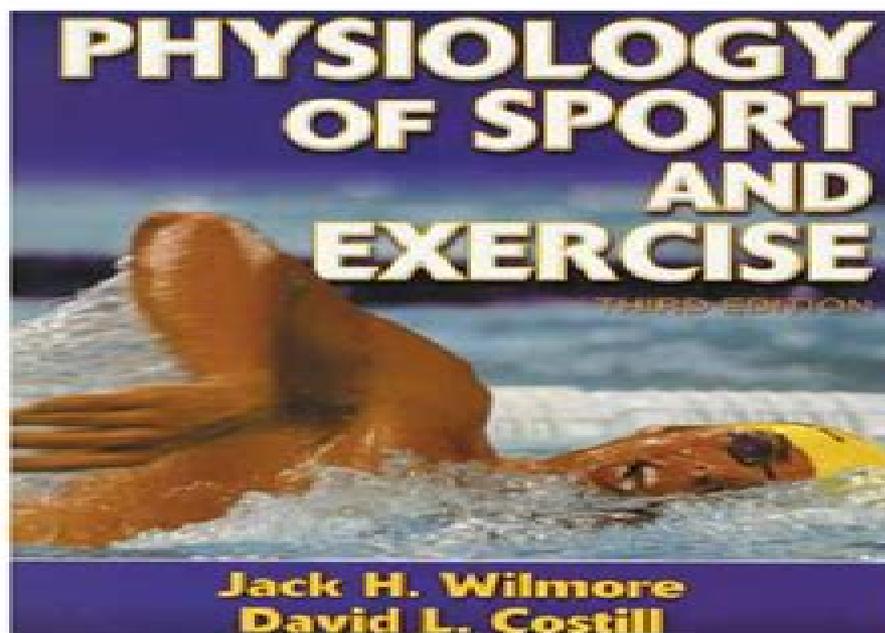


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by Jack H. Wilmore & David L. Costill

How does your body respond to the high physiological demands of physical activity? This is the key question when one studies the physiology of sport and exercise and Jack Wilmore and David Costill try to give an answer to it. Hardly anyone can be better qualified for this project:

Jack Wilmore, PhD, was a distinguished professor and head of the Department of Health and Kinesiology at Texas A&M University, a professor and department chair at the University of Texas at Austin, and Director of the Exercise and Sports Sciences Laboratory at the University of Arizona from 1976 to 1985. He has written extensively about exercise physiology and has been a member of the editorial board of several journals, including *Sports Medicine*, *Pediatric Exercise Science*, *Journal of Cardiopulmonary Rehabilitation*, *Journal of Athletic Training*, *International Journal of Obesity*, and *Medicine and Science in Sports and Exercise*. He is the former president of the American College of Sports Medicine (ACSM) and has served as a consultant for several professional sport teams in the USA, including the Los Angeles Dodgers, Los Angeles Rams, Los Angeles Lakers, Los Angeles Kings, California Angels, and San Francisco 49ers. Dr Wilmore is also a fellow and former president of the American Academy of Kinesiology and Physical Education.



David Costill, PhD, is the emeritus John and Janice Fisher chair in exercise science at Ball State University in Muncie, Indiana. He established the Ball State University Human Performance Laboratory in 1966 and served as its director for 32 years. He has written and coauthored more than 400 publications over the course of his career, including books, peer-reviewed journal articles, and lay publications. He served as the editor in chief of the *International Journal of Sports Medicine* for twelve years. He was president of the ACSM

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Oxygen Uptake Kinetics in Sport, Exercise and Medicine Andrew M. Jones,David C. Poole,2013-07-04 Despite its

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Conditioning for Dancers Tom Welsh, 2009 This book empowers conscientious dancer athletes to take an active role in directing their own training and development The author's clear straightforward explanations of important concepts in conditioning home in on the physical capabilities that are key to success not only for dancers but for others whom strength and flexibility precise alignment and movement efficiency are high priorities book cover *Sport, Exercise and Environmental Physiology* Thomas Reilly, James M. Waterhouse, 2005

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Aerobics Instructor Manual Richard Thomas Cotton, Robert Lewis Goldstein, 1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities

Dynatomy William Charles Whiting, Stuart Rugg, 2006 Interactive Anatomy CD included *Human Movement* Tony Everett, 2010 This edition has been updated to confirm basic knowledge which is then applied to specific areas Drawing on the expertise of a range of authors from the healthcare professions the new edition has adopted a themed approach that links

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