

CONTENTS

PREFACE ix

ACKNOWLEDGMENTS xiii

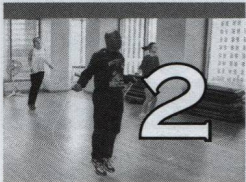
PART I

INTRODUCTION TO PHYSICAL ACTIVITY AND PUBLIC HEALTH. 1



FUNDAMENTALS OF PUBLIC HEALTH 3

Defining Moments in Public Health	4
Areas of Specialization in Public Health	6
Core Functions of Public Health	11
Public Health Law	12



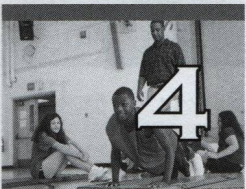
FUNDAMENTALS OF KINESIOLOGY 17

Kinesiology Disciplines and Exercise Training	20
Principles of Exercise Training, Prescription, and Planning	22
Applying Physical Activity and Exercise Training Principles	31
Health and Fitness Benefits of Physical Activity and Exercise	37



INTEGRATING PUBLIC HEALTH AND PHYSICAL ACTIVITY. . . 43

History of Physical Activity and Public Health	44
Role of Physical Activity in Chronic Disease Development	46
From Science to Practice and Back	47
Promoting Physical Activity for Health	50
Practitioners of Physical Activity in Public Health	51

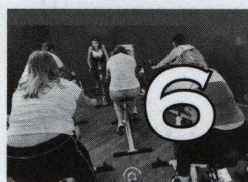


MEASURING PHYSICAL ACTIVITY 55

Importance of Fitness Assessments	56
Laboratory Measures of Energy Expenditure	56
Electronic Measurements to Estimate Energy Expenditure	58
Direct Observation Techniques	60
Self-Report Instruments	61
Surveillance in Populations	63

PART II**HEALTH EFFECTS OF EXERCISE
AND PHYSICAL ACTIVITY 71****CARDIORESPIRATORY AND METABOLIC HEALTH 73**

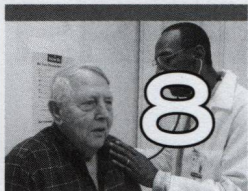
Prevalence of Cardiovascular Disease	76
Risk Factors for Cardiovascular Disease	76
Kinesiology and Cardiorespiratory Health	77
Cardiorespiratory Fitness Assessments	81
General Recommendations for Cardiorespiratory Health	82
Prevalence and Economic Costs of Metabolic Disease	86
Metabolic Disease Risk Factors	86
Kinesiology and Metabolic Health.	87
Common Tests of Metabolic Function	88
General Recommendations for Metabolic Health	89

**OVERWEIGHT AND OBESITY 95**

Caloric Balance	100
Prevalence of Obesity and Overweight and Associated Health Consequences	101
Obesity and Overweight Risk Factors	104
Obesity and Overweight Challenges	104
Kinesiology and Body Weight	106
Common Assessments of Obesity and Overweight	106
Physical Activity Guidelines for a Healthy Weight	110

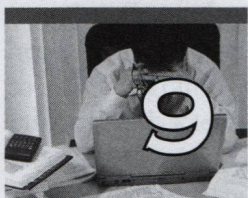
**MUSCULOSKELETAL AND FUNCTIONAL HEALTH 117**

Prevalence of Musculoskeletal Disorders and Related Health Challenges	118
Risk Factors Associated With Musculoskeletal Disorders and Associated Health Challenges	119
Kinesiology and Musculoskeletal Health	121
Common Tests of Musculoskeletal Fitness or Function	124
Physical Activity and Musculoskeletal Health	127
Functional Health	131
Risk Factors for Poor Functional Health	132
Common Tests of Functional Health	133
Fitness Recommendations for Functional Health	133



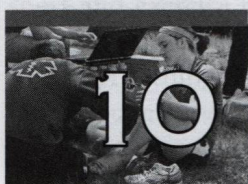
CANCERS 139

Prevalence of Cancers	140
Cancer Risk Factors	142
Kinesiology and Cancers	143
Physical Activity Among Cancer Survivors	146
Physical Activity Guidelines for Cancer Prevention	149



MENTAL HEALTH 153

Prevalence and Economic Costs of Mental Health Disorders	154
Common Mental Health Disorders	155
Risk Factors Associated With Mental Health Disorders	156
Physical Activity, Exercise, and Mental Health	157
Exercise, Physical Activity, and Brain Function	159
Physical Activity Guidelines for Mental Health	160

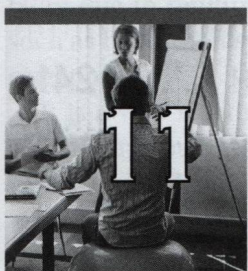


HEALTH RISKS OF EXERCISE AND PHYSICAL ACTIVITY . . 167

Musculoskeletal Injuries	168
Kinesiology and Musculoskeletal Injuries	171
Sudden Adverse Cardiac Events	173

PART III

STRATEGIES FOR EFFECTIVE PHYSICAL ACTIVITY PROMOTION 179



INFORMATIONAL APPROACHES FOR PROMOTING PHYSICAL ACTIVITY 181

Understanding the Community Guide	182
Rationale for Informational Approaches	183