

Contents

Preface	xi
Acknowledgments	xiii

PART I

History and Current Status of the Study of Physical Activity and Health 1

CHAPTER 1 Why Study Physical Activity and Health? 3

■ Claude Bouchard, PhD ■ Steven N. Blair, PED ■ William Haskell, PhD

Human Evolution, History, and Physical Activity	4
Burden of Chronic Diseases	7
Health and Its Determinants	8
Aging and Health	11
Defining Physical Activity and Physical Fitness	11
Physical Inactivity Versus Physical Activity	14
Summary	18
Review Materials	18

CHAPTER 2 Historical Perspectives on Physical Activity, Fitness, and Health 21

■ Russell R. Pate, PhD

Early Beliefs About Physical Activity and Health	22
Scientific Inquiry on Exercise and Health	24
Evolution of Physical Activity Guidelines	27
Summary	33
Review Materials	34

CHAPTER 3 Physical Activity and Fitness With Age Among Sex and Ethnic Groups 37

■ Peter T. Katzmarzyk, PhD

Physical Activity	38
Physical Fitness	42
Summary	46
Review Materials	47

PART II**Effects of Physical Activity on the Human Organism****49****CHAPTER 4 Metabolic, Cardiovascular, and Respiratory Responses to Physical Activity 51**■ Edward T. Howley, PhD

Relationship of Energy to Physical Activity 52

Oxygen Consumption and Cardiovascular and
Respiratory Responses to Exercise 54

Effect of Training, Age, and Gender on Maximal Oxygen Uptake 62

Application to Exercise Training and Physical Activity Interventions. 63

Summary 63

Review Materials 64

CHAPTER 5 Acute Responses to Physical Activity and Exercise 67■ Adrianne E. Hardman, MSc, PhD

Lipids and Lipoproteins 68

Insulin–Glucose Dynamics 71

Blood Pressure 73

Hematological Changes 75

Immune Function Responses 76

Responses Related to Energy Balance 78

Augmentation of Acute Effects by Training 79

Summary 80

Review Materials 81

CHAPTER 6 Hormonal Response to Regular Physical Activity 83■ Peter H. Farrell, PhD

Defining Hormones 84

Importance of Hormonal Regulation 87

Regular Physical Activity and Hormonal Adaptations 92

Summary 97

Review Materials 98

CHAPTER 7 Skeletal Muscle Adaptation to Regular Physical Activity 99■ Howard J. Green, PhD

Skeletal Muscle and Human Life 100

Muscle Cell—Composition, Structure, and Function 101

Muscle Fiber Types and Subtypes 107

Muscle Adaptation and Functional Consequences 113

Aging Muscle—The Role of Training 121

Summary 123

Review Materials 123

CHAPTER 8 Response of Brain, Liver, Kidney, and Other Organs and Tissues to Regular Physical Activity. 127

■ Roy J. Shephard, MB, BS, MD (London), PhD, DPE

Acute Effects of Physical Activity	128
Chronic Effects of Physical Activity	133
Issues Requiring Further Research	137
Summary	137
Review Materials	138

PART III

Physical Activity, Fitness, and Health 141

CHAPTER 9 Physical Activity, Fitness, and Mortality Rates. 143

■ Steven N. Blair, PED ■ Michael J. LaMonte, PhD

Physical Activity, Fitness, and Mortality	144
Biological Mechanisms	157
Summary	157
Review Materials	158

CHAPTER 10 Physical Activity, Fitness, and Cardiac, Vascular, and Pulmonary Morbidities. 161

■ Ian Janssen, PhD

Physical Inactivity and Low Cardiorespiratory Fitness As Risk Factors for Cardiovascular Morbidities.	162
Physical Inactivity and Low Cardiorespiratory Fitness As Risk Factors for Pulmonary Morbidities.	166
Biological Mechanisms	167
Role of Physical Activity in Patients With Cardiac, Vascular, and Pulmonary Morbidities	168
Summary	170
Review Materials	170

CHAPTER 11 Physical Activity, Fitness, and Obesity. 173

■ Robert Ross, PhD ■ Ian Janssen, PhD

Definition and Problem of Overweight and Obesity	174
Fat Depots	177
Relationships Among Excess Weight, Physical Activity, and Fitness	181
Role of Physical Activity in Prevention and Treatment of Excess Weight.	184
Summary	188
Review Materials	189

CHAPTER 12 Physical Activity, Fitness, and Diabetes Mellitus 191

■ Oscar Alcazar, PhD ■ Richard C. Ho, PhD ■ Laurie J. Goodyear, PhD

Diabetes: Concept and Prevalence	192
Epidemiology, Etiology, and Complications of Type 2 Diabetes	193
Impact of Physical Activity on Insulin and Glucose Metabolism	196
Epidemiological Evidence Indicating	
Benefits of Physical Activity in Preventing Type 2 Diabetes	199
Summary of Randomized Controlled Trials on the	
Prevention of Type 2 Diabetes	201
Importance of Regular Physical Activity for People	
With Type 2 Diabetes	202
Summary	203
Review Materials	203

CHAPTER 13 Physical Activity, Fitness, and Cancer 205

■ I-Min Lee, MBBS, ScD

Importance of Cancer	206
How Physical Activity and Physical Fitness Decrease	
the Risk of Developing Cancer	207
How We Study Whether Physical Activity and Physical Fitness	
Decrease the Risk of Developing Cancer	209
Physical Activity, Physical Fitness, and Site-Specific Cancers	210
Summary	216
Review Materials	217

CHAPTER 14 Physical Activity, Fitness, and Joint and Bone Health 219

■ Jennifer Hootman, PhD, ATC, FACSM

Burden of Selected Musculoskeletal Diseases in the Population	220
Dose–Response Relationships Between Physical Activity and	
Injury, Osteoarthritis, and Osteoporosis	222
Physical Activity, Bone Development and Maintenance,	
and Preservation of Function	226
Challenges in Defining Exposure Data for Musculoskeletal	
Outcomes	228
Summary	229
Review Materials	229

CHAPTER 15 Physical Activity, Muscular Fitness, and Health 231

■ Neil McCartney, PhD ■ Stuart Phillips, PhD

History of Resistance Training and Its Role in Health	232
Fundamental Aspects of Resistance Training	232
Resistance Training Throughout the Life Span	237

Resistance Training in Disease and Disability	239
Summary	245
Review Materials	246
CHAPTER 16 Exercise and Its Effects on Mental Health	247
■ John S. Raglin, PhD ■ Gregory S. Wilson, PED ■ Dan Galper, PhD	
Models of Exercise and Mental Health Research	248
Exercise and Anxiety	249
Exercise and Depression	251
Proposed Explanations for the Psychological Benefits of Exercise	253
Detrimental Psychological Responses to Exercise	254
Summary	256
Review Materials	257
CHAPTER 17 Physical Activity, Fitness, and Children	259
■ Thomas W. Rowland, MD	
Cardiovascular Health	261
Bone Health and Osteoporosis	264
Strategies for Promoting Physical Activity in Youth	265
Summary	269
Review Materials	270
CHAPTER 18 Physical Activity, Fitness, and Aging	271
■ Loretta DiPietro, PhD, MPH	
The Aging Process	272
Methodological Considerations in Aging Research	275
Demographics of Physical Activity Among Older Adults	277
Dimensions of Physical Activity and Their Relationship to Health and Function in Aging	280
Programmatic Issues in Promoting Physical Activity in Older Populations	282
Summary	284
Review Materials	285
CHAPTER 19 Risks of Physical Activity	287
■ Evert A.L.M. Verhagen, PhD ■ Esther M.F. van Sluijs, PhD ■ Willem van Mechelen, MD, PhD	
Risks of Physical Activity and Sport Participation	288
Minimizing Risk and Maximizing Benefits	294
Recommendations for Future Research	298
Summary	298
Review Materials	299

PART IV

Recommended Activity Amounts and Delivery Modes 301

CHAPTER 20 Dose–Response Issues in Physical Activity, Fitness, and Health. . . . 303

■ William L. Haskell, PhD

Principles Guiding the Body’s Response to Activity 304

Components of the Physical Activity Dose 305

Factors Determining Optimal Activity Dose 309

Physical Activity Versus Fitness When Considering Dose
for Health Benefits 314

Summary and Conclusions 316

Review Materials 317

CHAPTER 21 Physical Activity and Exercise Programs. 319

■ Adrian Bauman, MB, BS, MPH, PhD, FAFPHM

What Are Physical Activity and Exercise Programs?. 320

Settings for Physical Activity and Exercise Programs 323

Strengths of Structured Versus Unstructured Programs. 326

Physical Activity and Exercise Programs for
Subpopulations and Groups 329

Summary of the Effectiveness of Physical Activity Interventions. 331

Review Materials 333

PART V

New Challenges and Opportunities 335

CHAPTER 22 Genetic Differences in the Relationships
Among Physical Activity, Fitness, and Health 337

■ Tuomo Rankinen, PhD ■ Claude Bouchard, PhD

Basics of Human Genetics. 338

Events in Human Genes and Genomes 342

Genetic Variation Among Sedentary People 348

Individual Differences in Response to Regular Exercise 349

Genes and Responses to Exercise. 350

Trait-Specific Response to Exercise. 354

Summary 357

Review Materials 357

CHAPTER 23 An Integrated View of Physical Activity, Fitness, and Health 359

■ William L. Haskell, PhD ■ Steven N. Blair, PED ■ Claude Bouchard, PhD

Chapter Overview	360
Physical Activity Versus Inactivity:	
Universal Value Versus Damaging Consequences	360
Developing and Implementing Physical Activity Plans	365
Research Questions and Issues	372
Summary and Conclusions	373
Review Materials	374

References 375

Index 393

About the Editors 403

About the Contributors 405