## Contents

INTRODUCTION A View from t	he Past	kiv	Water Balance: Intake Versus Output 70 Physical Activity and Water Requirements 72
my BullySupphys	d I restitute a de la constitute de la la constitute de l	nd.	CHAPTER 3
den Rolmer Beanda	ir, Walter Block, Susan Bloomfield, Man		Optimal Nutrition for Physical Activity
PART ONE	oth, Katarina Boren Claude Bouchard		Nutrient Intake Among the Physically Active 88
EVEDCICE	DITYCIOLOGY	1	Good Nutrition Essentials 93
EXEKCISE	PHYSIOLOGY	1	Dietary Guidelines for Americans 93
		manuforman et school	Physical Activity and Food Intake 98
SECTION 1	Nutrition: The Base for		Precompetition Meal 103
	And the same of th	2	Liquid Meals and Prepackaged Nutrition Bars, Powders, and
	Human Performance	3	Drinks 104
CHAPTER 1			Carbohydrate Feedings Prior to, During, and in Recovery from
	s, Lipids, and Proteins	4	Physical Activity 106
Garbonyurates	s, Lipius, and Fiotenis		High-Glycemic Foods' Possible Role in Obesity 110
PART 1 • CARBOH	IYDRATES 6		Foods' Insulin Index 111
Carbohydrate Kin	nds and Sources 6		Glucose Feedings, Electrolytes, and Water Uptake 112
Recommended Ca	arbohydrate Intake 11		
	ole in the Body 11		SECTION 2 Energy for Physical
Carbohydrate Dynamics During Physical Activity 12			Activity 119
PART 2 • LIPIDS			Activity
Lipid Characterist			CHAPTER 4
Lipid Kinds and S			Food's Energy Value
Recommended Li			
A A SHADOW AND ADDRESS OF A PARTICIPATION OF THE ACT	n Physical Activity 25		Measuring Food's Energy Content 122
PART 3 • PROTEIN			Food's Gross Energy Value 124
About Protein 2			Food's Net Energy Value 126
Protein Categories Recommended Pr			Calculating a Meal's Energy Value 127
Protein's Role in the			CHAPTER 5
Protein Metabolis			Introduction to Energy Transfer 13
Nitrogen Balance			Energy: The Canacity for Work 136
	During Physical Activity 35		Energy: The Capacity for Work 136 Energy Interconversions 137
THE COLUMN TWO IS NOT THE PARTY OF THE PARTY	isthons through an alloage-proof editing		Biologic Work in Humans 139
CHAPTER 2	e are grateful to Lindsey Porambo, acqui	40	Enzymes and Coenzymes: Energy Release Rate Alteration 139
vitamins, wiin	erals, and Water	42	Hydrolysis and Condensation: The Basis for Digestion and
PART 1 • VITAMIN	IS 44		Synthesis 143
About Vitamins			CHAPTER 6
Vitamin Types 4			Energy Transfer in the Body
Vitamins' Role in			DADELA DILICADILIATE DONID TRIEDCIL ACO
Vitamin Antioxida	Needs: Dietary Reference Intakes 46		PART 1 • PHOSPHATE BOND ENERGY 152
Vitamin-Rich Foo			Adenosine Triphosphate: The Energy Currency 152
	Free Radicals, and Antioxidants 49		Phosphocreatine: The Energy Reservoir 154 Cellular Oxidation 155
	oplementation Provide a Competitive Edge? 50	3	Oxygen's Role in Energy Metabolism 157
PART 2 • MINERAI			PART 2 • ENERGY RELEASE FROM MACRONUTRIENTS 158
Mineral Essentials			Energy Release from Carbohydrate 160
Mineral Functions			Energy Release from Lipid 168
Calcium 53			Energy Release from Protein 172
Female Athlete Tr	riad 59		The Metabolic Mill: Interrelationships Among Carbohydrate, Lipid
Male Athlete Triad	d 61		and Protein Metabolism 173
Phosphorus 62			CHAPTER 7
Magnesium 62			Energy Transfer During Physical Activity 17
Iron 62	1011		Differ building I hysical Activity 17
	n, and Chlorine 66		Immediate Energy: The Adenosine Triphosphate-Phosphocreatine
Minerals and Exercise Performance 67			System 180
PART 3 • WATER 69			Short-Term Energy: The Glycolytic (Lactate-Forming)
The Body's Water Content 69			System 180
Water's Functions	designed and insightful research.		Long-Term Energy: The Aerobic System 182

Recovery Oxygen Uptake 187	CHAPTER 13 Gas Exchange and Transport	292
Teasuring Energy Expenditure 194	PART 1 • GAS PARTIAL PRESSURE, MOVEMENT, AND EXCHANGE 294	
Measuring the Body's Heat Production 196 Doubly Labeled Water Technique 202 Respiratory Quotient 202 Respiratory Exchange Ratio 205  EAPTER 9  Energy Expenditure During Rest and Physical Activity 210	Respired Gas Concentrations and Partial Pressures 294 Gas Movement in Air and Fluids 295 Gas Exchange in the Lungs and Tissues 297  PART 2 • OXYGEN TRANSPORT IN BLOOD 299 Oxygen Transport in Physical Solution 299 Oxygen Transport in Hemoglobin 299 Po <sub>2</sub> in the Lungs 300 Po <sub>2</sub> in the Tissues 303	
Basal and Resting Metabolic Rate 212 Metabolic Size Concept 212 Metabolic Rate: Age and Sex Comparisons 214 Five Factors That Affect TDEE 216	PART 3 • CARBON DIOXIDE TRANSPORT IN BLOOD 305 Carbon Dioxide Transport in Physical Solution 305 Carbon Dioxide Transport as Bicarbonate 305 Carbon Dioxide Transport in Hb 306 CHAPTER 14	N THE WAY OF THE NAME OF THE N
ACTIVITY 220  ENERGY EXPENDITURE DURING PHYSICAL  ACTIVITY 220	Pulmonary Ventilation Dynamics	310
Energy Expenditure Classification for Physical Activities 220 The MET 221 Average Daily Energy Expenditure Rates 221 Energy Cost of Household, Industrial, and Recreational Activities 222 Body Mass Influence 222	PART 1 • PULMONARY VENTILATION 310  Ventilatory Control 310  Ventilatory Regulation During Physical Activity 312  PART 2 • PULMONARY VENTILATION DURING PHYSICAL ACTIVITY 314  Ventilation and Energy Demands During Physical Activity 314	4
Heart Rate to Estimate Energy Expenditure 222  EAPTER 10  Inergy Expenditure During Walking,  Egging, Running, and Swimming 226	Oxygen Cost of Breathing 317 Does Ventilation Limit Aerobic Power and Endurance Performance? 320  PART 3 • ACID-BASE REGULATION 321	
Human Movement Efficiency and Economy 228 Human Movement Efficiency 228 Human Movement Economy 230	Buffering 321 Intense Physical Activity Effects 323 CHAPTER 15 The Cardiovascular System	326
Running Energy Expenditure 233 Swimming 239  APTER 11 Individual Differences and Measuring Intergy Capacities 248	Cardiovascular System Components 328 Hypertension 338 Blood Pressure Response to Physical Activity 341 Heart's Blood Supply 345 Myocardial Metabolism 347	R T V
Metabolic Capacity and Exercise Performance: Specificity Versus Generality 250	CHAPTER 16	352
Overview: Exercise Energy Transfer Capacity 250 Anaerobic Function Physiologic and Performance Tests 250 Anaerobic Energy Transfer: The Immediate and Short-Term Energy Systems 251 Anaerobic Energy Transfer: The Short-Term Glycolytic (Lactate-Forming) Energy System 253 Aerobic Energy Transfer: The Long-Term Energy System 258	Intrinsic Heart Rate Regulation 354 Extrinsic Regulation of Heart Rate and Circulation 360 Blood Redistribution 365 Integrative Responses During Physical Activity 367 Physical Activity After Cardiac Transplantation 369  CHAPTER 17 Cardiovascular Dynamics During	372
Delivery and Use 273  HAPTER 12	Measuring Cardiac Output 374 Cardiac Output at Rest 375 Cardiac Output During Physical Activity 376 Cardiac Output Distribution 378	PAR
Ventilation Anatomy 276  Pulmonary Structure and Function 274  Ventilation Anatomy 276	Cardiac Output and Oxygen Transport 380 Cardiovascular Adjustments to Upper-Body Exercise 382	
Ventilation Mechanics 278 Inspiratory and Expiratory Dynamics 279	CHAPTER 18	388
Lung Volumes and Capacities 281  Lung Function, Aerobic Fitness, and Physical Performance 283  Pulmonary Ventilation 284  Variations from Normal Breathing Patterns 287  The Respiratory Tract During Cold-Weather Physical	Skeletal Muscle Gross Structure 390 Skeletal Muscle Ultrastructure 396 Chemical and Mechanical Events During Muscle Action and Relaxation 403	Spi
Activity 289  Activity 289  Activity 289  Activity 289  Activity 289  Activity 289	Muscle Fiber Type 409	

**CHAPTER 19** 

Nerve Supply to Muscle 430

Neural Control and Human Movement

Neuromotor System Organization 422

Nerve Supply to N Proprioceptors: Sp Joints 439	Muscle 430 becialized Receptors in Muscles, Tendons, and	nd	Clenbuterol and Other β <sub>2</sub> -Adrenergic Agonists 603 Other Adrenergic Agonists 605
A Wiesw from th			Growth Hormone: Genetic Engineering Now Common in Sports 605
CHAPTER 20 The Endocrine	System: Organization and A	cute	Dehydroepiandrosterone 606
	esponses to Physical Activity		Androstenedione: Benign Prohormone Nutritional Supplement or
	en franspore in Henrogiobin 299	Oxyg	Potentially Harmful Drug? 608
Endocrine System			Amino Acid Supplementation 609
	Organization 450		Amphetamines 613
	rise-Induced Endocrine Secretions 455		Caffeine 613
_	and Endocrine Function 479  ag and Endocrine Function 485		Ginseng and Ephedrine 616  Buffering Solutions 618
	nd Physical Activity 486		Anticortisol Compounds: Glutamine and Phosphatidylserine 619
-	and Immune Function 487		β-Hydroxy-β-Methylbutyrate 620
	en 14 onary Vendlation Dynamics		PART 2 • NONPHARMACOLOGIC APPROACHES FOR ERGOGENIC EFFECTS 621
PART TWO	OPE MOTERATIVE VERMINE HIE		Red Blood Cell Reinfusion—Blood Doping 621
APPLIED E	YFRCICF		Hormonal Blood Boosting (EPO) 622
		400	Warm-Up (Preliminary Exercise) 623
PHYSIOLO	GY MOITAJETHAY YRAMOMJUS	499	Oxygen Inhalation (Hyperoxia) 625
			Modifying Carbohydrate Intake 627
SECTION 4	<b>Enhancing Energy</b>		Chromium 630 Creatine 632
SECTION	The second secon	E01	Medium-Chain Triacylglycerols 636
	Transfer Capacity	501	Pyruvate 637
CHAPTER 21			to the state of th
	naerobic and Aerobic Power	502	
Exercise Training			SECTION 5 Exercise Performance
	pacts the Anaerobic Energy Systems 506		and Environmental
	Changes with Training 506		Stress 64
	pacts the Aerobic System 507		
	ecting Aerobic Training Responses 518 Fitness Improvements 525		CHAPTER 24
0	bic Fitness Gains 526		Physical Activity at Medium and
Training Methods			High Altitude 64
Overtraining Cons			
	and Exercise Training During Pregnancy 5	33	Altitude Stressors 648
CHAPTER 22			Oxygen Loading at Altitude 649 Acclimatization 650
	ngth: Training Muscles		Metabolic, Physiologic, and Exercise Capacity at Altitude 658
to Become Stro		542	Altitude Training and Sea-Level Performance 661
V mamins Role in t	THE HOLY HAVE THE PARTY OF THE		Combined Altitude Stay with Low-Altitude Training 662
	TH MEASUREMENT AND RESISTANCE		PART 1 - PHOSEILLE BERNETH BERNET BELL ICA CHISTRY
TRAININ			CHAPTER 25
0	Development Roots in Antiquity 544		Exercise and Thermal Stress 60
	g Objectives 548  Measurement 548		Weather Versus Climate: Time as a Factor 670
	es in Muscle Strength 552		PART 1 • THERMOREGULATION MECHANISMS 670
	to Become Stronger 556		Thermal Balance 670
TANKS OF THE PARTY	NCE TRAINING: STRUCTURAL AND		Hypothalamic Temperature Regulation 671
	NAL ADAPTATIONS 569		Thermoregulation in Cold Stress 672
	lar Adaptations Impact Strength		Thermoregulation During Heat Loss 672
Improvements			How Clothing Impacts Thermoregulation 675
	and Female Training Responses 576		PART 2 • THERMOREGULATION AND ENVIRONMENTAL HEA
Detraining Effects	on Muscle 577		STRESS DURING PHYSICAL ACTIVITY 678
	g and Metabolic Stress 578		Physical Activity in the Heat 678
Circuit Resistance			Rehydration and Hyperhydration to Maintain Fluid Balance 683
Muscle Soreness and	nd Stiffness 579		Factors That Modify Heat Tolerance 686
CHAPTER 23	tal Muscle Gross Structure 390		Complications from Excessive Heat Stress 689
	Exercise Training and		PART 3 • THERMOREGULATION AND ENVIRONMENTAL COL STRESS DURING PHYSICAL ACTIVITY 691
Performance	nical and ivicenation invents During Ivinge	592	
		and A	Physical Activity in the Cold 691  Cold Acclimatization 693
	allenge to Fair Competition 594		How Cold Is Too Cold? 694
On the Horizon	373		

420

PART 1 • PHARMACOLOGIC AGENTS FOR ERGOGENIC

EFFECTS 596

Anabolic Steroids 596

Structure and Action 596

CHAPTER 26 Sport Diving	702	SECTION 7 Exercise, Successful Aging, and Disease	
Diving History: Antiquity to the Present 704 Pressure-Volume Relationships and Diving Depth 712			907
Snorkeling and Breath-Hold Diving 712 Scuba Diving 717 Special Problems Breathing Gases at High Pressures 720	games,	CHAPTER 31 Physical Activity, Health, and Aging	908
Dives to Exceptional Depths: Mixed-Gas Diving 725 Underwater Swimming Energy Cost 728		The Graying of America 910 The New Gerontology 910	carl
HAPTER 27 Microgravity: The Last Frontier	734	PART 1 • PHYSICAL ACTIVITY IN THE POPULATION 913 Physical Activity Epidemiology 913 PART 2 • AGING AND PHYSIOLOGIC FUNCTION 921	
The Weightless Environment 736 The International Space Station's 20th Anniversary 738 Aerospace Physiology and Medicine Historical Overview 740 Spaceflight Physiology 748 Countermeasure Strategies 759 Overview of Physiologic Responses to Spaceflight 767 NASA's Ambitious Vision for Future Space Exploration 767 Practical Benefits from Space Biology Research 774 Final Words 774		Age Trends 921 Trainability and Age 930  PART 3 • PHYSICAL ACTIVITY, HEALTH, AND LONGEVITY Physical Activity, Health, and Longevity 931 Regular Moderate Physical Activity Benefits 932  PART 4 • CARDIOVASCULAR DISEASES 934  CHD Links to Cellular Level Alterations 935  CHD Risk Factors 937	931
SECTION 6 Body Composition,		CHAPTER 32 Clinical Exercise Physiology for Cancer, Cardiovascular, and Pulmonary	
Energy Balance,	702	Rehabilitation	952
and Weight Control  HAPTER 28 Jody Composition Assessment	793 794	The Exercise Physiologist in the Clinical Setting 954 Training and Certification Programs for Professional Exercise Physiologists 954 Clinical Applications of Exercise Physiology to Diverse Diseases	c and
Overweight, Overfat, and Obesity Prevalence 796 The Body Mass Index: A Popular but Imprecise Clinical Standard Modeling Human Body Composition 801 Common Techniques to Assess Body Composition 808 Average Percentage Body Fat 829 How to Determine Goal Body Mass 830 Looking to a Brighter Future 830  HAPTER 29 hysique, Performance, and Physical	797	Oncology 956 Cardiovascular Diseases 960 Cardiac Disease Assessment 964 Stress Test Protocols 974 Cardiovascular Disease and Exercise Capacity 976 Prescribing PA and Exercise 977 Cardiac Rehabilitation 979 Pulmonary Diseases 980 PA and Asthma 986 Neuromuscular Diseases, Disabilities, and Disorders 987	
Lctivity	836	Renal Disease 988  Cognitive/Emotional Diseases and Disorders 989	
Physique Status in Champion Athletes 838  Body Composition in 100-Year-Old Males and Females 855		and in an anatomy and physiology textbook incorporating a	007
verweight, Overfatness (Obesity),  nd Weight Control	862	CHAPTER 33 Molecular Biology: New Vista for	
ART 1 • OBESITY 864  Historical Perspective 864		Exercise Physiology in Health, Disease, and Performance 1	.008
Obesity Remains a Global Epidemic 864 Increased Body Fat: A Progressive Long-Term Process 867 Physical Inactivity: A Crucial Component for Excessive Fat Accumulation 871 Excessive Body Fat's Health Risks 872 Criteria for Excessive Body Fat: How Fat Is Too Fat? 874 ART 2 • WEIGHT CONTROL PRIMARY PRINCIPLES INVOLVE DIET AND PHYSICAL ACTIVITY 882 Energy Balance: Input Versus Output 882 Dieting for Weight Control 883		PART 1 • MOLECULAR BIOLOGY HISTORICAL TOUR 1012 Revolution in the Biologic Sciences 1014 The Human Genome 1015 Nucleic Acids 1017 How DNA Replicates 1025 Protein Synthesis: Transcription and Translation 1028 Mutations 1041 PART 2 • NEW HORIZONS IN MOLECULAR BIOLOGY 104 Medically Related Research 1047 Electrophoresis and Gel Transfer Methods 1054	
Factors That Impact Weight Loss 889 Increase Physical Activity for Weight Control 890 Regular Physical Activity's Effectiveness 893 Weight Loss Recommendations for Wrestlers and Power Athletes 897		Gene Editing 1065  PART 3 • HUMAN PERFORMANCE RESEARCH 1070  The Future Is Now 1075	ivved
Gaining Weight: The Competitive Athlete's  Dilemma 898		Index 1087 (*)	