PHYSIOLOGY OF SPORTS AND EXERCISE

BEV LOTT
BLAIR FRASER

Physiology of Sports and Exercise

Bev Lott
Blair Fraser

ETP
ED - TECH PRESS
www.edtechpress.co.uk

ED - TECH PRESS
www.edtechpress.co.uk

Published by ED-Tech Press,
54 Sun Street, Waltham Abbey Essex,
United Kingdom, EN9 1EJ

Physiology of Sports and Exercise
Bev Lott and Blair Fraser

Includes bibliographical references and index.
ISBN 978-1-78882-382-1

British Library Cataloguing in Publication Data.
A catalogue record for this book is available from the British Library.

For more information regarding ED-Tech Press and its products, please visit the publisher's website www.edtechpress.co.uk

TABLE OF CONTENTS

PHYSIOLOGY OF SPORTS AND EXERCISE

Physiology is the identification of physiological mechanisms underlying physical activity the comprehensive delivery of treatment services concerned with the analysis improvement and maintenance of health and fitness rehabilitation of heart disease and other chronic diseases and/or disabilities and the professional guidance and counsel of athletes and other interested in athletics sports training and human adaptability to acute and chronic exercise. The book for undergraduate exercise physiology courses, Physiology of Sport and Exercise, has been fully updated in both content and design. New research on effects of physical activity on health, including the addition of international data on the incidence of cardiovascular disease and obesity. Physiology of Sport and Exercise stands alone as the best, most comprehensive resource framing the latest research findings in a reader-friendly format.

Contents: 1. Understand the Human Physiology, 2. Exercise Physiology, 3. Allied Health Professions, 4. Emergency Medical Services, 5. Nutrition, 6. Physical Exercise, 7. Obesity, 8. Aerobic Exercise.

Bev Lott is Professor Emeritus of biology at Community College. While teaching at Community College, he developed a desire to better understand the relationship between the scientific study of the human body and the Physical Education. His book, Human Anatomy and Physiology, is part of the Benjamin/Cummings Series in the Physical Education. Bev Lott's new Edition contains general and specific information on human anatomy and physiology and thoroughly explains and demonstrates normal structures and functions in all body systems. He has considerable experience of teaching anatomy & physiology to undergraduate and pre-university students. Bev Lott has to his credit about 36 research articles published in national and international journals of repute and conference proceedings.

Blair Fraser is a full professor at Romania. He obtained his B.Sc. degree in Zoology and his Ph.D. in Biological Sciences. He has taught both undergraduate and graduate courses for over twenty years. He taught anatomy and physiology to physical education majors. He received the Benefactor Award from the National Council for Resource Development. He has been a contributor to several books and has written numerous research papers in Neuroscience, Anatomy and Pharmacology. He oversaw the recent revision of the Interactive Physiology modules, and co-authored the newest module of the Immune System. Blair Fraser served as a consultant for the Inter active physiology and is an active member of the Human Anatomy and Physiology Society.

ETP ED-TECH PRESS
www.edtechpress.co.uk

ISBN-978-1-78882-382-1
9 781788 823821