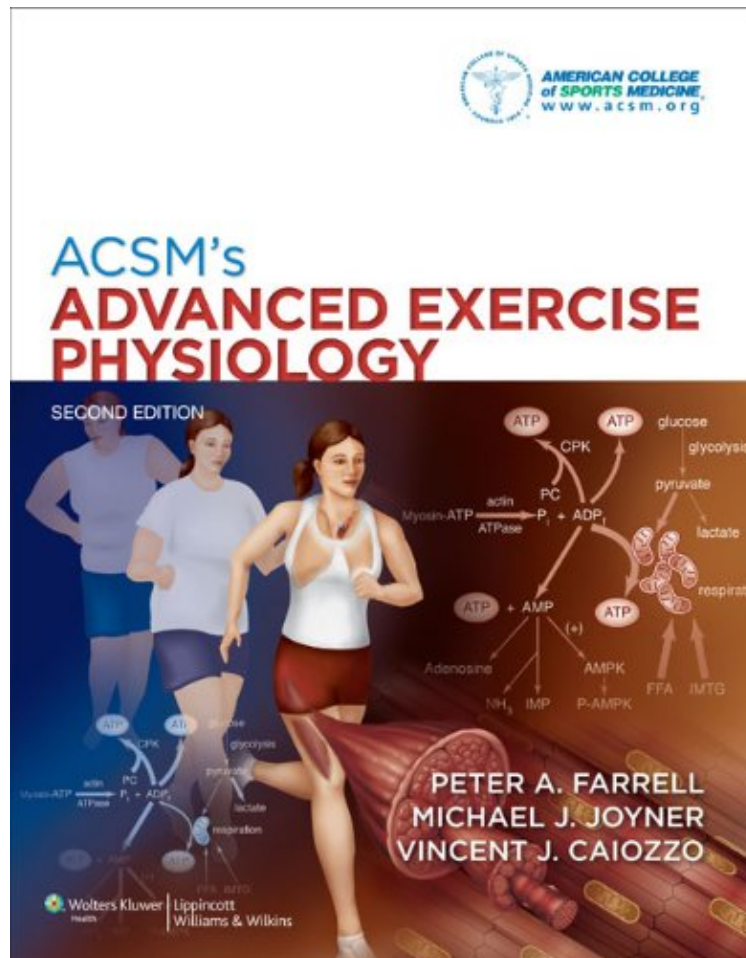


ACSM's Advanced Exercise Physiology

American College of Sports Medicine

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than a textbook. My advice is that this is a very good book if you already have a solid background in general physiology and exercise physiology but want a solid reference with a somewhat different approach to these topics. If you just jumped into exercise physiology it is my advice that you should opt for other, more didactical and straightforward book. 3 of 3 people found the following review helpful. Great Essential Text By Joshua Mangum Overall I think this is a very essential textbook for any Exercise Physiologist. At times the text can get a bit confusing as the author's go beyond the depth for this particular text, however this book gives a great overview of the major concepts and ideas.

Written at a graduate level, the Second Edition of ACSM's Advanced Exercise Physiology enables experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. Moreover, it examines how these physiological responses are affected by heat, cold, hypoxia, microgravity, rest, and hyperbaria. This Second Edition features a team of international authors and editors whose expertise spans general physiology, exercise physiology, and research. Together, they have substantially revised, updated, and reorganized the text to incorporate feedback from both instructors and students.