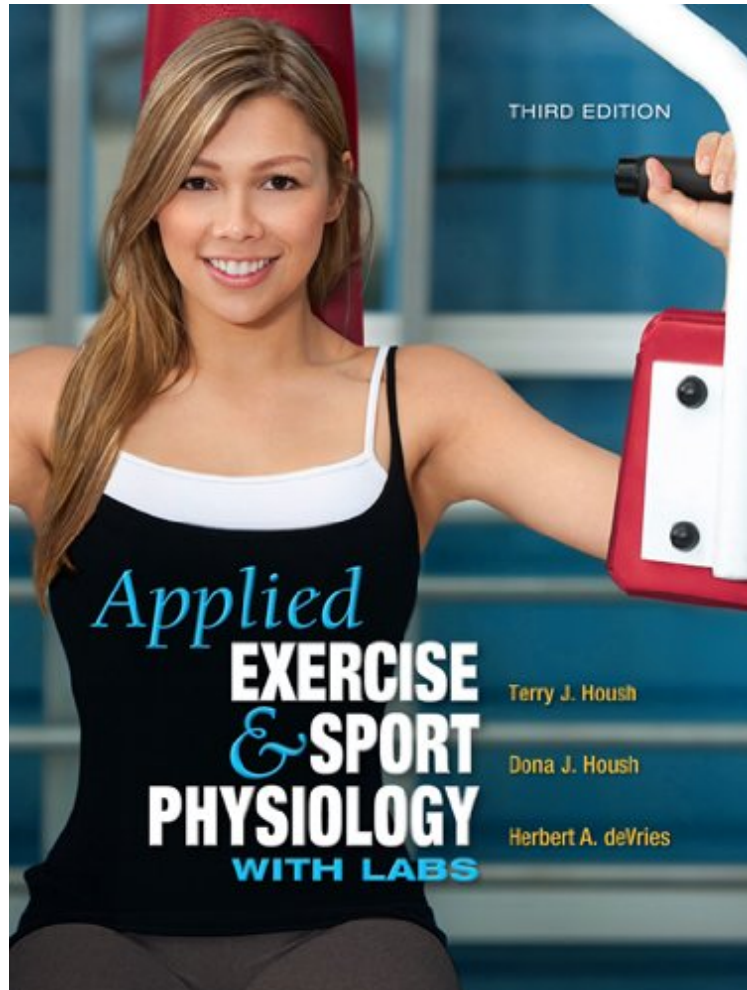


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effective practice sessions for athletes, prescribing safe and productive training programs, or preparing for certification or licensure. It provides a basic introduction to systems of the human body and covers important scientific and applied aspects of exercise and sport physiology. The authors carefully designed the material to be covered easily in one semester, in an introductory course, but the book can also serve as a foundation for advanced courses. Its 16 lab experiences are matched to relevant chapters and complement the topics covered; they allow readers to apply physiological principles to exercise and sport, provide opportunities for hands-on learning and application of the scientific principles, and often don't require complex equipment.

"This book is excellent for anyone who wants to become involved in the field as an exercise specialist, personal trainer, wellness center employee, and so forth. It is well written in reader-friendly language and provides many examples, questions, charts, and diagrams that are useful in the realm of fitness." --Shane Callahan, Lewis Clark Community College

"The new revisions and insertions are all positive, the colors give the information a flair that is pleasing to the eye, and the authors should be applauded for their conscientiousness in desiring to keep the text updated and one of the best on the market. I will continue to use this text and promote the use of the study guide and companion website." --Pat Querry, St. Joseph's College

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About the Author

Terry J. Housh, Ph.D., FACSM, is a professor in the Department of Nutrition and Health Sciences, Director of the Exercise Physiology Laboratory, and Co-director of the Center for Youth Fitness and Sports Research at the University of Nebraska-Lincoln (UNL). He has co-authored more than 170 peer-reviewed research articles and five college textbooks, and he has given more than 200 presentations at annual meetings of professional organizations including The American College of Sports Medicine (ACSM), American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), National Strength and Conditioning Association (NSCA), and National Athletic Trainers Association (NATA). He was the 1998 recipient of The Outstanding Sport Scientist Award from the National Strength and Conditioning Association.

Dona J. Housh, Ph.D., FACSM, is a professor in The Oral Biology Department, College of Dentistry, at the University of Nebraska Medical Center, where she teaches Human Physiology to first year dental students as well as post-doctoral graduate students in various dental specialties. Housh's research interests include muscle function, neuromuscular fatigue, and the hypertrophic responses to resistance training. She has authored numerous peer-reviewed articles in prestigious scholarly journals and has presented research findings at annual meetings of The American College of Sports Medicine and The National Strength and Conditioning Association.

Herbert A. deVries, Ph.D., FACSM, is Professor Emeritus of the Department of Physical Education at The University of Southern California. He is world renowned for his research on the physiological adaptations to exercise training in the elderly and remains active in research involving the application of electromyography to various aspects of neuromuscular fatigue. He continues to publish extensively in prestigious peer-reviewed journals and is the author of eleven books, including five editions of his classic text *Physiology of Exercise for Physical Education, Athletics, and Exercise Science*. For his lifetime of scholarly work, Dr. deVries has been honored with the Alumni Honor Award from East Stroudsburg University, the Silver Anniversary Award by the President's Council on Physical Fitness and Sports, and the Citation Award from The American College of Sports Medicine. In addition, the Council on Aging and Adult Development of AAHPERD has named the CAAD Research Award the Herbert A. deVries Research Award.