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Biochemistry Primer for Exercise Science, Third Edition is the first volume in Human Kinetics' Primers in Exercise Science Series. With its updated information based on new research and ideas from exercise science and molecular biology and its greater interpretation of biochemistry in the context of the active human, this volume is the only text of its kind in this field.

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Students trained in traditional exercise physiology have learned the basic concepts of energy but often don't fully understand human energy consumption at the molecular level. Biochemistry Primer for Exercise Science, Fourth Edition, provides an introduction to biochemistry that will give readers greater insight into the molecular aspects of human physical activity. Reflecting the rapid development of the field, this classic text continues to present the essentials of biochemistry—molecular biology, basic chemistry, metabolism, and transcription regulation—in an easy-to-understand format. The fourth edition features the most recent research in exercise biochemistry plus new and revised content, including the following: • All-new coverage of the control of biochemistry and biochemical and muscular adaptations to exercise and training via signaling pathways, an area of study that has received much attention in recent years • Added information on the regulation of gene expression, which highlights the need for students to comprehend the basics of molecular biology • Next Stage sections in each chapter, which lead students toward emerging areas of knowledge in the field by examining new or controversial areas of research • An integration of the chapters on DNA, RNA, and the regulation of protein synthesis to provide a more focused and effective presentation of these key concepts Biochemistry Primer for Exercise Science, Fourth Edition, combines information from nutrition, physiology, and biochemistry to provide a clear explanation of the working of metabolism and the human body's response to physical activity. Special elements throughout the text help to demystify this complex and dynamic field of study. Key points reinforce essential concepts and aid readers in relating them to sport and exercise. Chapter summaries outline important information to take away, and review questions with answers allow readers to test their knowledge of each chapter's content. A comprehensive glossary and the list of abbreviations found on the inside front and back covers help readers become familiar with commonly used biochemistry terms, and a reference list provides a starting point for exploring areas of interest in more detail. With its combination of essential topics, new findings, and future directions in research, Biochemistry Primer for Exercise Science, Fourth Edition, is a perfect resource for anyone looking to build an understanding of exercise biochemistry. Both students and professionals alike will find the information they need to begin their exploration of this fascinating field of study.

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"More in-depth than cursory discussions found in exercise physiology texts and more practical and accessible than dedicated bioenergetics texts, Bioenergetics Primer for Exercise Science encompasses all the up-to-date research and information regarding human bioenergetics and energy metabolism. It offers both students and professionals a depth of knowledge that will inform their further study, research, and profession."--Page [4 de la couv.].

Exercise Biochemistry brings an admittedly difficult and technical subject to life. Extremely user- and student-friendly, it is written in conversational style by Vassilis Mougios, who poses and then answers questions as if in conversation with a student. Mougios does an excellent job of making the information interesting by using simple language without compromising scientific accuracy and content. He also uses ample analogies, related works of art, and numerous illustrations to drive home his points for readers. The result is that Exercise Biochemistry is a highly informative and illuminating text on the effects of exercise on molecular-level functioning. It presents the basics of biochemistry as well as in-depth coverage of exercise biochemistry. The book uses key terms, sidebars, and questions and problems posed at the end of each chapter to facilitate learning. It also covers metabolism, endocrinology, and assessment all in one volume, unlike other exercise biochemistry books. In exploring all of these topics, Exercise Biochemistry makes the case for exercise biochemistry to have a stand-alone textbook. In fact, this book will encourage more universities to introduce exercise biochemistry courses to their curricula. Having the necessary topics of basic biochemistry in a single volume will facilitate the work of both instructors and students. Exercise Biochemistry will also be useful to graduate students in sport science who have not been formally introduced to exercise biochemistry during their undergraduate programs. Additionally, it can supplement exercise physiology textbooks with its coverage of the molecular basis of physiological processes. This book is also for physical education and sport professionals who have an interest in how the human body functions during and after exercise. And this book is addressed to health scientists who are interested in the transformations in human metabolism brought about by physical activity. The book is organized in four parts. Part I introduces readers to biochemistry basics, including chapters on metabolism, proteins, nucleic acids and gene expression, and carbohydrates and lipids. Part II consists of two chapters that explore neural control of movement and muscle contraction. The essence of the book is found in part III, which details exercise metabolism in its six chapters. Included are chapters on carbohydrate, lipid, and protein metabolism in exercise; compounds of high phosphoryl transfer potential; effects of exercise on gene expression; and integration of exercise metabolism. In part IV, the author focuses on biochemical assessment of people who exercise, with chapters on iron status, metabolites, and enzymes and hormones. Simple biochemical tests are provided to assess an athlete's health and performance. Exercise Biochemistry is a highly readable book that serves as a source for understanding how exercise changes bodily functions. The text is useful for both students and practitioners alike.

The text maintains a practical focus while providing updates on current research findings and exploring how genetics may affect clinical practice and sport performance training.

What a journey writing this text has been. The lengthy voyage started well before the idea hatched of authoring a text that contained the word "thermodynamics"! I was informed by my good friend and sometimes colleague Dr. Jose Antonio that by including that word in the title, nutritionists and exercise physiologists might avoid the subject. But almost every step of my expedition was taken on a rather solid foundation of thermodynamics and as such the topic could not possibly be omitted from the title or the text of a book about bioenergetics and energy expenditure. I am not a physicist. In fact I ?rst went to college to become a football coach. That vocational choice began to deteriorate when taking the mandatory anatomy and physiology courses required of all physical education majors. This information was exciting; my interest in physical education began to wane. During sophomore year, I answered an advertisement in the school newspaper requesting research subjects.

Advanced Neuromuscular Exercise Physiology uses a mix of biochemistry, molecular biology, neurophysiology, and muscle physiology to provide a synthesis of current knowledge and research directions in the field. The first text devoted solely to the topic, Advanced Neuromuscular Exercise Physiology assists readers in identifying current directions in research and new avenues for exploration. Recognizing the rapid changes occurring in the field of neuromuscular exercise physiology, the text provides readers with a foundation of knowledge while detailing the most recent findings. Though the text is written at an advanced level, the author succeeds at making the content accessible. Analyses of research findings and research applications are highlighted in special sidebars. Detailed illustrations and graphs assist readers in understanding research findings. Chapter summaries also help readers determine the key issues presented for each topic. The author draws attention to a variety of important topics in the field, beginning with a discussion of motor unit types, muscle blood flow, and metabolic pathways in control of metabolism, including a special discussion of the effects of type 2 diabetes. Next, the topic of fatigue is discussed. The author explains possible peripheral and central contributors to fatigue. Chapters 6 and 7 focus on whole-body endurance training, including the effects of aerobic endurance training on the protein profiles of muscle fibers and on the central nervous system. Of particular interest is the applicability of research information to the exercise rehabilitation of individuals with compromised nervous system function, such as spinal cord injury, other trauma, and neuromuscular diseases. The final chapters are devoted to resistance training, including the phenotypic responses of muscles to isometric, slow isotonic, lengthening, and plyometric training. An overview of the effects of resistance training on the nervous system is offered along with clinical applications. Within the dynamic field of neuromuscular exercise physiology, ideas of how nerves and muscles collaborate during acute and chronic exercise are continually evolving. Advanced Neuromuscular Exercise Physiology offers an authoritative perspective of current research in the field as it seeks to encourage discussion, further study, and new research directions. Human Kinetics' Advanced Exercise Physiology Series offers books for advanced undergraduate and graduate students as well as professionals in exercise science and kinesiology. These books highlight the complex interaction of the various systems both at rest and during exercise. Each text in this series offers a concise explanation of the system and details how each is affected by acute exercise and chronic exercise training. Advanced Neuromuscular Exercise Physiology is the third volume in the series.

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How do our muscles produce energy for exercise and what are the underlying biochemical principles involved? These are questions that students need to be able to answer when studying for a number of sport related degrees. This can prove to be a difficult task for those with a relatively limited scientific background. Biochemistry for Sport and Exercise Metabolism addresses this problem by placing the primary emphasis on sport, and describing the relevant biochemistry within this context. The book opens with some basic information on the subject, including an overview of energy metabolism, some key aspects of skeletal muscle structure and function, and some simple biochemical concepts. It continues by looking at the three macromolecules which provide energy and structure to skeletal muscle - carbohydrates, lipids, and protein. The last section moves beyond biochemistry to examine key aspects of metabolism - the regulation of energy production and storage. Beginning with a chapter on basic principles of regulation of metabolism it continues by exploring how metabolism is influenced during high-intensity, prolonged, and intermittent exercise by intensity, duration, and nutrition. Key Features: A clearly written, well presented introduction to the biochemistry of muscle

metabolism. Focuses on sport to describe the relevant biochemistry within this context. In full colour throughout, it includes numerous illustrations, together with learning objectives and key points to reinforce learning. Biochemistry for Sport and Exercise Metabolism will prove invaluable to students across a range of sport-related courses, who need to get to grips with how exercise mode, intensity, duration, training status and nutritional status can all affect the regulation of energy producing pathways and, more important, apply this understanding to develop training and nutrition programmes to maximise athletic performance.

Molecular Exercise Physiology: An Introduction is the first student-friendly textbook to be published on this key topic in contemporary sport and exercise science. It introduces sport and exercise genetics and the molecular mechanisms by which exercise causes adaptation. The text is linked to real life sport and exercise science situations such as 'what makes people good at distance running?', 'what DNA sequence variations code for a high muscle mass?' or 'by what mechanisms does exercise improve type2 diabetes?' The book includes a full range of useful features, such as summaries, definitions of key terms, guides to further reading, review questions, personal comments by molecular exercise pioneers (Booth, Bouchard) and leading research in the field, as well as descriptions of research methods. A companion website offers interactive and downloadable resources for both student and lecturers. Structured around central themes in sport and exercise science, such as nutrition, endurance training, resistance training, exercise & chronic disease and ageing, this book is the perfect foundation around which to build a complete upper-level undergraduate or postgraduate course on molecular exercise physiology.

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