

Kindling MyPractical Guide to Exercise Physiology

By Bob Murray, W. Larry Kenney

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Understand and design physiologically sound exercise programs for clients and explain the science supporting the program design.

With a dynamic text and video combination, the enhanced e-book version of Practical Guide to Exercise Physiology guides readers through the scientific concepts of exercise physiology with highly visual, easy-to-follow content. The enhanced e-book applies complex concepts of physiology to exercise program design, giving personal trainers, strength and conditioning specialists, and other health and fitness professionals an accessible resource to use with their clients. Written specifically for those in the fitness industry, the enhanced e-book covers various training goals and considerations when working with clients and athletes at all levels.

This guide takes an application-based approach in describing intricate physiological processes so that professionals can select and explain the appropriate exercises and physical activity regimens for clients. The enhanced e-book is complemented by medical artwork that puts complex systems in a digestible visual context. These systems are then applied to real-world practice through explanations of exercises that are beneficial to specific body systems and instructions on combining various exercises to achieve the desired results.

Part I of Practical Guide to Exercise Physiology is a review of the fundamentals of physiology, including muscles and muscle adaptation, bioenergetics, and the cardiorespiratory system. It also details the various activities and processes that contribute to fatigue. Part II applies and expands on this information to address the design of training programs for achieving specific goals. These goals include increasing muscle mass and strength; losing weight; and developing speed, power, and aerobic endurance. Finally, part III addresses adaptations and special considerations of these training programs, including adjustments for changes in altitude or temperature and considerations for special populations such as children, older adults, and pregnant women.

Alongside the content and illustrations, Practical Guide to Exercise Physiology includes tools that apply concepts to everyday practice:
• Factoid boxes engage readers with additional facts about the human body and

its response to training.
• Sidebars throughout the text pinpoint current topics of concern so that personal trainers and fitness professionals can prepare for and respond to these issues.
• An index of common questions from clients is an easy reference on client education.
• Sample training programs illustrate how the scientific concepts that guide program design are used in practice.

In addition to the tools and illustrations highlighted above, this enhanced e-book provides bonus content that is not included in the book or regular e-book. These features include five video clips, four animations, and eight audio clips—a total of 17 items. The video clips highlight experts explaining important topics and current research in exercise physiology, and the animations and audio clips provide more in-depth descriptions of processes shown in figures in the text.

Practical Guide to Exercise Physiology contains all the necessary information for new and current personal trainers and fitness professionals. Readers will gain confidence in designing exercise programs for various populations and the ability to explain to clients how each exercise and movement will help them achieve their goals.

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Daryl Steele:

The book with title Kindling MyPractical Guide to Exercise Physiology contains a lot of information that you can discover it. You can get a lot of advantage after read this book. This kind of book exist new know-how the information that exist in this book represented the condition of the world today. That is important to yo7u to understand how the improvement of the world. That book will bring you in new era of the syndication. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Paul Evans:

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Joyce Shryock:

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Peter Beaton:

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