



# Applied Exercise & Sport Physiology, with Labs

*Terry J. Housh, Dona J. Housh, Herbert A. deVries*

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## **Applied Exercise & Sport Physiology, with Labs** Terry J. Housh, Dona J. Housh, Herbert A. deVries

This third edition continues to provide a thorough yet succinct introduction to the basic principles of exercise and sport physiology. Its applied perspective is designed to help future physical educators, coaches, physicians assistants, physical therapists, exercise scientists, and exercise professionals understand and appreciate the scientific foundations of exercise and sport. Written in a clear, understandable style, this book will be a useful resource for a variety of applications, including developing appropriate unit plans for physical education classes, organizing 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.

### **Features of the Third Edition**

Six new lab experiences, for a total of 16 integrated throughout the book.

A full-color layout that enhances the book's pedagogical features, especially the many exhibits, and engages readers more fully.

Appendices include content outlines and KSAs for NASPE, ACSM, and NSCA licensing and certification standards, to help students prepare to become a licensed physical educator, coach, athletic trainer, or fitness trainer or specialist.

New and updated material throughout, including ACSM-recommended exercise prescriptions and guidelines as well as USDHHS health-related physical activity guidelines for children and adolescents, adults, and older adults.

### **Features of the Companion Website**

Vocabulary review to assist readers as they learn scientific terminology.

Interactive quizzes to help readers absorb major physiological concepts for test taking, future study, and workplace applications.

Website links allowing students to directly access sites mentioned in the book.

Selected artwork from the text.

### **Other Special Features**

Marginal website references, allowing readers to further explore relevant topics and organizations.

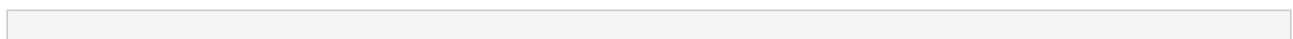
Boxes highlighting clinical applications and relevant research in exercise and sport physiology.

Learning objectives, key concepts, links to professional guidelines and standards, and chapter-ending review questions to enhance learning.

Comprehensive glossary.

Student-friendly price.

Outstanding, experienced author team.



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