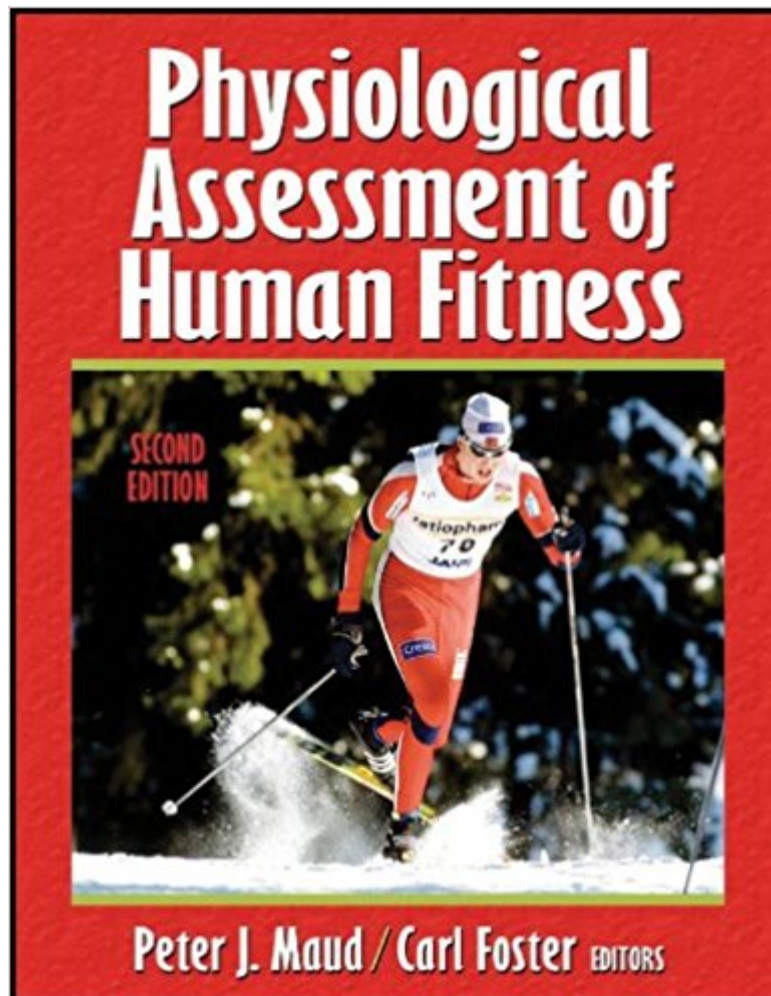


The book was found

Physiological Assessment Of Human Fitness - 2nd Edition



Synopsis

Physiological Assessment of Human Fitness, Second Edition, contains detailed descriptions of a range of accepted fitness assessment methods. This resource focuses on the general population, not just elite athletes. Following in the footsteps of the highly successful first edition, Physiological Assessment of Human Fitness, Second Edition, summarizes the current scientific methods for assessment in areas such as: -aerobic and anaerobic power; -capacity for sustained exercise using blood lactate, respiratory markers, and heart rate markers; -pulmonary gas exchange; -mechanical power and strength; -body composition; -joint range of motion; and -field testing of athletes. The authors, highly respected exercise physiologists, have made significant changes in each chapter to provide up-to-date coverage of the topics and to offer complete descriptions of the techniques, procedures, and norms for accurate and effective fitness testing. In addition, the authors have included new chapters on the use of near-infrared spectrophotometry and the potential for heart rate variability in assessment. As a result, readers learn how to measure and interpret physiological changes resulting from different types of training programs for sport and for health improvement. Physiological Assessment of Human Fitness, Second Edition, provides practical, detailed descriptions of a range of accepted laboratory and field methods for assessing human fitness. It is an invaluable reference for professionals and students involved in human fitness assessment, including exercise physiology practitioners, graduate students in exercise physiology, exercise science researchers, sports medicine practitioners, and human fitness evaluators.

Book Information

Hardcover: 328 pages

Publisher: Human Kinetics (November 22, 2005)

Language: English

ISBN-10: 073604633X

ISBN-13: 978-0736046336

Product Dimensions: 8.6 x 0.9 x 11.1 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #621,709 in Books (See Top 100 in Books) #66 in Books > Textbooks >

Medicine & Health Sciences > Administration & Policy > Health Risk Assessment #103 in Books

> Medical Books > Administration & Medicine Economics > Health Risk Assessment #1122

in Books > Textbooks > Science & Mathematics > Biology & Life Sciences > Anatomy &

Customer Reviews

"The value of this text is the concise information drawn from individual experts chosen for each section, which makes this a useful resource if you offer a serious physiological testing program or are interested in offering such tests." Neil Wolkodoff, PhD, developer of "Physical Golf" and "Zonal Training Technologies" "The text is very readable and comprehensive, and the individual chapter authors are some of the most noted authorities in the fields of exercise physiology and fitness assessment." Journal of Orthopaedic & Sports Physical Therapy (JOSPT) (review of first edition) "A comprehensive and well-written resource of practically every test of human physiological fitness." Journal of Orthopaedic & Sports Physical Therapy (JOSPT) (review of first edition)

"The value of this text is the concise information drawn from individual experts chosen for each section, which makes this a useful resource if you offer a serious physiological testing program or are interested in offering such tests.â•• Neil Wolkodoff, PhD, developer of Physical Golf and Zonal Training Technologiesâ•œ The text is very readable and comprehensive, and the individual chapter authors are some of the most noted authorities in the fields of exercise physiology and fitness assessment.â•• Journal of Orthopaedic & Sports Physical Therapy (JOSPT) (review of first edition) "...A comprehensive and well-written resource of practically every test of human physiological fitness.â•• Journal of Orthopaedic & Sports Physical Therapy (JOSPT) (review of first edition)

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Physiological Assessment of Human Fitness - 2nd Edition Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Physiological Assessment of Coronary Stenoses and the Microcirculation Nursing Assessment: Head-to-Toe Assessment in Pictures (Health Assessment in Nursing) Biochemical, Physiological, and Molecular Aspects of Human Nutrition, 3e Biochemical, Physiological, and Molecular Aspects of Human Nutrition - E-Book Small Animal Orthopedics, Rheumatology and Musculoskeletal Disorders: Self-Assessment Color Review

2nd Edition (Veterinary Self-Assessment Color Review Series) Nursing: Human Science And Human Care (Watson, Nursing: Human Science and Human Care) Fitness y Consejos : 2017: Claves para iniciar una Fitness Life (Spanish Edition) Physiological Systems in Insects, Third Edition Textbook of Veterinary Physiological Chemistry, Third Edition Advanced Fitness Assessment and Exercise Prescription-7th Edition With Online Video Fitness The Complete Guide (The Official Course Text For ISSA Certification Course For Fitness Trainers) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Fitness Cross-Country Skiing (Fitness Spectrum) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)