



Exercise Physiology: Nutrition, Energy, and Human Performance

By William D. McArdle, Frank I. Katch, Victor L. Katch

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This Seventh Edition maintains its popular seven-section structure. It begins with an exploration of the origins of exercise physiology and concludes with an examination of the most recent efforts to apply principles of molecular biology. The book provides excellent coverage of exercise physiology, uniting the topics of energy expenditure and capacity, molecular biology, physical conditioning, sports nutrition, body composition, weight control, and more.

Every chapter has been fully revised and updated to reflect the latest information in the field. The updated full-color art program adds visual appeal and improves understanding of key topics.

A companion website includes over 30 animations of key exercise physiology concepts; the full text online; a quiz bank; references; appendices; information about microscope technologies; a timeline of notable events in genetics; a list of Nobel Prizes in research related to cell and molecular biology; the scientific contributions of thirteen outstanding female scientists; an image bank; a Brownstone test generator; PowerPoint® lecture outlines; and image-only PowerPoint® slides.

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