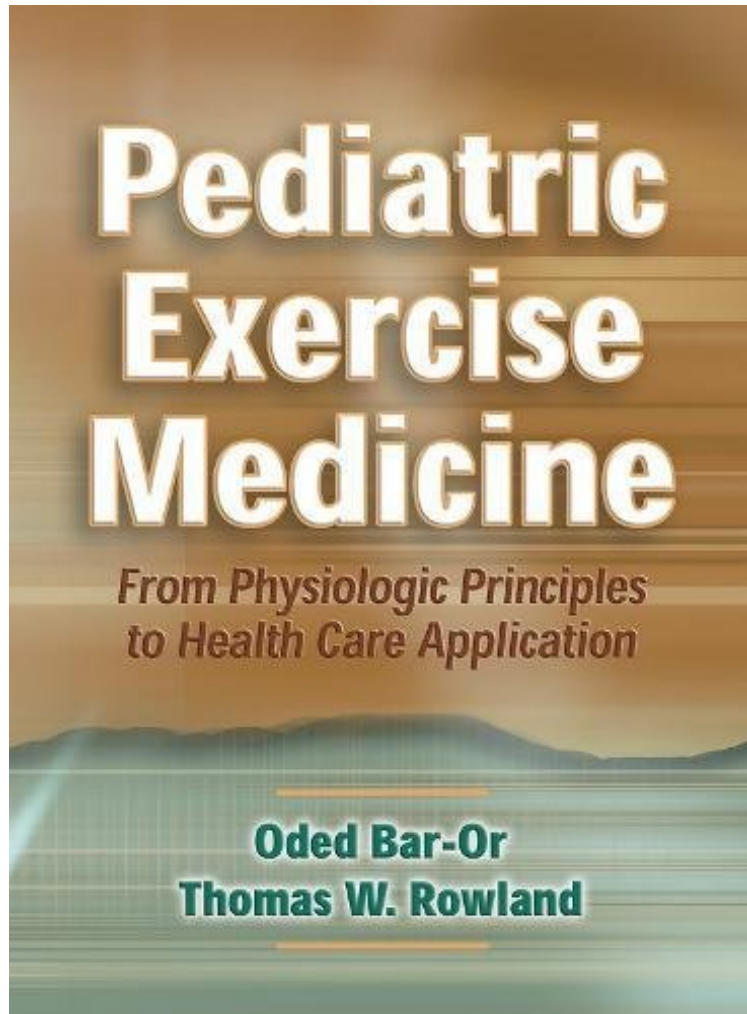


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Pediatric Exercise Medicine: From Physiologic Principles to Health Care Application

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Pediatric Exercise Medicine: From Physiologic Principles to Healthcare Application draws from the most current research activity in the area to examine physical activity as a prerequisite to the good health and physical performance

of children. The book also considers the effects of lack of exercise on children and the relevance of exercise to clinical pediatrics for children with chronic diseases. While *Pediatric Exercise Medicine: From Physiologic Principles to Healthcare Application* emphasizes clinically related issues, it provides comprehensive coverage of the child-exercise-health triad of importance to all professionals serving young people. The text identifies current research in the area of pediatric exercise. It also helps the reader to compare the exercise responses of healthy children to the responses of children with clinical impairments. In turn, readers will recognize the factors that can influence children's activity behavior, trainability, and performance. The book contains three chapters related to the normal physiological and perceptual exercise responses of the healthy child. The next nine chapters consider the effects of exercise on children with clinical impairments, including asthma, diabetes, cerebral palsy, and obesity. A special feature is the coverage of children's trainability and the factors that can influence performance. The information, including environmental stressors on children, will be of interest to scholars and students as well as to coaches working in this area. The book also has these features: -Extensive graphic interpretation of the data more than 250 illustrations -Helpful reference tables -Six appendixes on normative data, methods, energy-equivalent tables for different activities, scaling for body size, and a glossary of terms. In *Pediatric Exercise Medicine: From Physiologic Principles to Healthcare Application*, you'll find content you can apply in your daily work as a therapist, exercise scientist, physician, or other professional. You'll also find evidence-based rationale for the need for physical activity as a preventive measure and treatment of disease in children.

This is an excellent and worthy successor to the original published over 20 years ago. It should have broad appeal for many different professionals in an area with few other comprehensive resources available. Michael White, MD, PhD Ochsner Clinic Foundation "This is an excellent and worthy successor to the original published over 20 years ago. It should have broad appeal for many different professionals in an area with few other comprehensive resources available." Michael White, MD, PhD Ochsner Clinic Foundation About the Author The late Oded Bar-Or, MD, was a professor of pediatrics and founder and director of the Children's Exercise and Nutrition Centre at McMaster University in Hamilton, Canada. He had over 35 years of experience conducting research focused on the effects of physical activity and inactivity on the health, well-being, and physical performance of healthy children and those with chronic diseases. He received his MD degree from the Hebrew University in Jerusalem, Israel. Dr. Bar-Or served as president of the Canadian Association of Sports Sciences, president of the International Council for Physical Fitness Research, and vice president of the American College of Sports Medicine (ACSM). He also chaired the Foundation for Active Healthy Kids. A widely published author, he earned the ACSM's Citation Award in 1997 and the North American Society for Pediatric Medicine's Honor Award in 1998. In 2000, he received an honorary doctorate from the University of Blaise Pascal in France. Thomas Rowland, MD, is director of pediatric cardiology at the Baystate Medical Center in Springfield, Massachusetts, where he established an exercise-testing laboratory. He is a pediatric cardiologist with extensive research experience in the exercise physiology of children. Dr. Rowland is author of *Developmental Exercise Physiology* (1996) and *Pediatric Laboratory Exercise Testing: Clinical Guidelines* (1993) and editor of *Pediatric Exercise Science*. He is a former president of the North American Society for Pediatric Exercise Medicine (NASPEM) and a former member of the board of trustees of the American College of Sports Medicine (ACSM). He is a former president of the New England Chapter of the ACSM and received the Honor Award in 1993. Dr. Rowland received BS and MD degrees from the University of Michigan in 1965 and 1969.