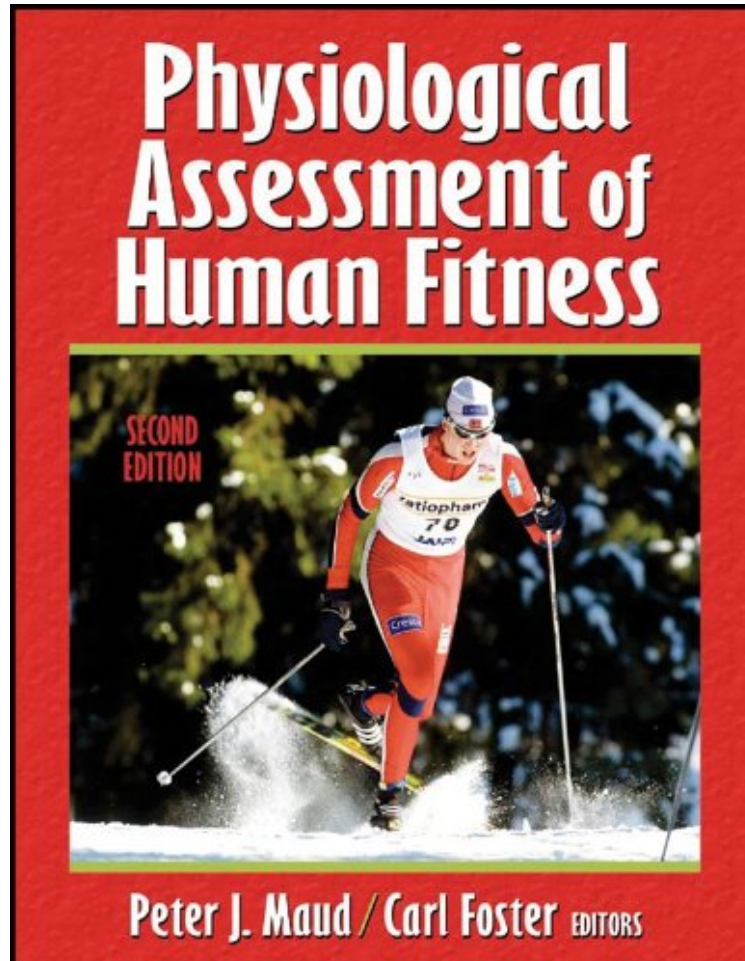


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Physiological Assessment of Human Fitness - 2nd Edition

Peter Maud, Carl Foster

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Peter Maud, Carl Foster : Physiological Assessment of Human Fitness - 2nd Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised Physiological Assessment of Human Fitness - 2nd Edition:

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.

""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."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) About the Author Peter J. Maud has more than 30 years' experience in teaching exercise physiology, conducting exercise physiological research, and performing human fitness evaluation. Peter currently serves as academic head of the department of physical education, recreation and dance at New Mexico State University. He is a fellow of the American College of Sports Medicine (ACSM) and a member of the American Alliance for Health, Physical Education, Recreation and Dance. Peter received his PhD from the University of New Mexico in 1974. Carl Foster is a professor of exercise and sport science at the University of Wisconsin-La Crosse and director of the Human Performance Laboratory at UW-L. He has written extensively on laboratory methods in exercise physiology and on the prediction of exercise capacity in both athletic and clinical populations. Foster is the president of the American College of Sports Medicine, a former associate editor in chief of *Medicine and Science in Sports and Exercise*, and a coeditor of ACSM's *Health/Fitness Facility Standards and Guidelines*. Since 1979, he has been coordinator of sports medicine and sport science for the U.S. International Speedskating Association. Carl received his PhD from the University of Texas at Austin in 1976.