



Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology)

Denise L. Smith, Bo Fernhall

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Written for students and professionals working within exercise science and related health professions, *Advanced Cardiovascular Exercise Physiology* systematically details the effect of acute and chronic exercise training on each component of the cardiovascular system: the heart, the vasculature, and the blood (including blood clotting factors). Readers will gain a comprehensive understanding of the cardiovascular system and learn how to apply this knowledge to their work with athletes, other active individuals, and patients who have cardiovascular risk factors.

Advanced Cardiovascular Exercise Physiology highlights the complex interaction of the components of the cardiovascular system both at rest and during exercise. Using the latest scientific and medical research, this text presents engaging discussion of cardiovascular responses and adaptions to both acute and chronic aerobic and resistance exercise training. In addition, specific attention is paid to the beneficial effects of exercise on the components of the cardiovascular system and the mechanisms through which regular exercise provides cardioprotection.

Each chapter contains a summary to highlight key content, important terms bolded within the text for quick reference, and a key terms section at the end of each chapter defining all the bolded terms. In addition, sidebars within each chapter describe real-world examples and applications. Richly illustrated, *Advanced Cardiovascular Exercise Physiology* uses extensive figures and graphics to elucidate physiological mechanisms and to depict exercise responses and training adaptations.

This text is divided into two sections, beginning with a concise explanation of the structure and function of each component of the cardiovascular system. In the second section, readers encounter detailed discussion of the acute and chronic effects of aerobic and resistance exercise on cardiac function, vascular function, and hemostatic variables.

Advanced Cardiovascular Exercise Physiology provides a framework for understanding how the components of the cardiovascular system cooperate to support exercise and how those components adapt to and benefit from a systematic program of exercise training. By presenting current research that elucidates the specific effects and benefits of exercise on the cardiovascular system, *Advanced Cardiovascular Exercise Physiology* also offers readers possible future directions for research.

Human Kinetics' Advanced Exercise Physiology series offers books for advanced undergraduate and graduate students as well as professionals in exercise science and kinesiology. These books highlight the complex interaction of the various systems both at rest and during exercise. Each text in this series offers a concise explanation of the system and details how each is affected by acute exercise and chronic exercise training. *Advanced Cardiovascular Exercise Physiology* is the second volume in the series.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled Advanced Cardiovascular Exercise Physiology (Advanced Exercise Physiology) can be great book to read. May be it may be best activity to you.

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