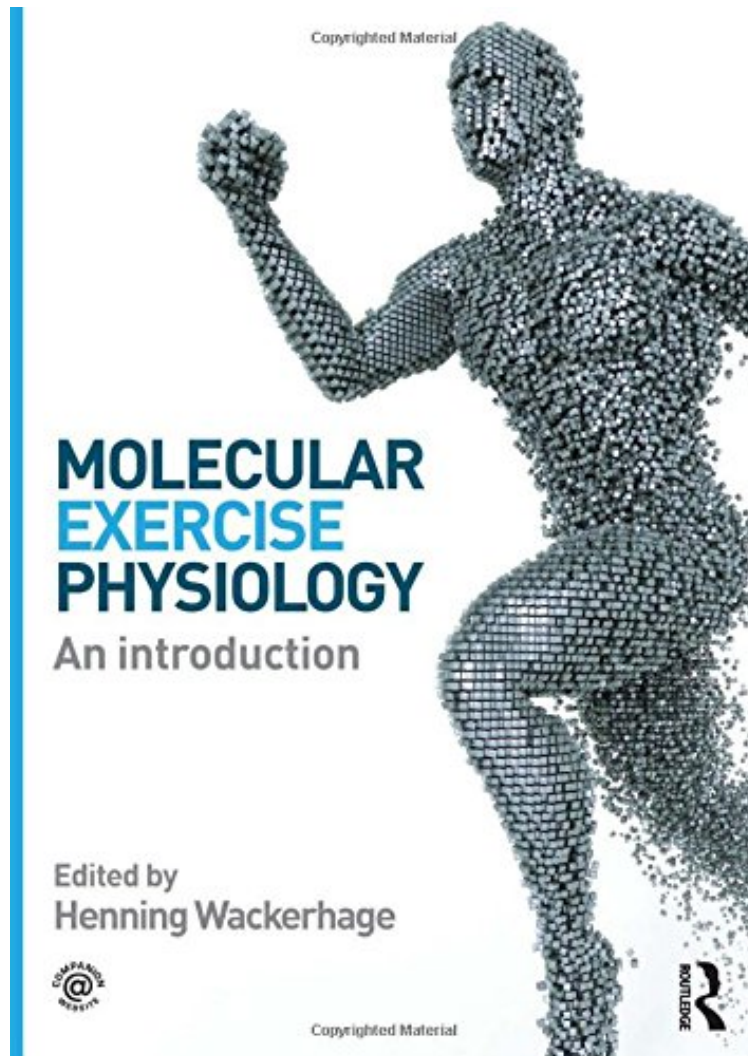


(Ebook pdf) Molecular Exercise Physiology: An Introduction

## Molecular Exercise Physiology: An Introduction

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**From Routledge : Molecular Exercise Physiology: An Introduction** before purchasing it in order to gage whether or not it would be worth my time, and all praised Molecular Exercise Physiology: An Introduction:

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understanding in the Exercise Science field. As a strength and conditioning coach, Master's student in Exercise Physiology, and aspiring PhD, most of the coursework I've taken covers the adaptations to the cells, as well as the interacting systems of the body. This book takes it a step further to illustrate the mechanisms and pathways at the molecular level to explain why/how those adaptations take place. The text gets very technical but at the end of each section/topic there is a summary in layman's terms which helps make the information relevant for the reader. Understanding these functions is essential in order to properly prescribe exercise for any population. Hopefully this is the first of many editions! 1 of 2 people found the following review helpful. Good material, needs some work. By Ericson MarThe material and flow is good but it needs proofreading. There are many mistakes, especially regarding the figures. Everything is monochrome. In this day and age, a modern textbook with lots of pictorial descriptions should be in color (vs. stuff like filled circles, empty circles, etc.). You can convey more information and enhance the visualization of concepts in color. Author includes interesting excerpts from researchers who made key discoveries in the field. This makes it interesting and inspirational by immersing the reader into the historical events. You leave learning about the many accomplishments we've achieved through the applications of molecular biology, genetics, and computing to human performance yet, you still get the feeling that we really have discovered very little. So many more questions remain. And perhaps this is motivation for future scientists to try to discover these answers. Overall, although there are similarities between each of us, there appears to be a lot of customization that can be applied to fitness programs due to not only how individual we are, but the various interacting variables that need to be considered. Looks like some exciting times ahead!

Molecular Exercise Physiology: An Introduction is the first student-friendly textbook to be published on this key topic in contemporary sport and exercise science. It introduces sport and exercise genetics and the molecular mechanisms by which exercise causes adaptation. The text is linked to real life sport and exercise science situations such as what makes people good at distance running?, what DNA sequence variations code for a high muscle mass? or by what mechanisms does exercise improve type2 diabetes? The book includes a full range of useful features, such as summaries, definitions of key terms, guides to further reading, review questions, personal comments by molecular exercise pioneers (Booth, Bouchard) and leading research in the field, as well as descriptions of research methods. A companion website offers interactive and downloadable resources for both student and lecturers. Structured around central themes in sport and exercise science, such as nutrition, endurance training, resistance training, exercise chronic disease and ageing, this book is the perfect foundation around which to build a complete upper-level undergraduate or postgraduate course on molecular exercise physiology.

About the Author Henning Wackerhage, PhD is a Senior Lecturer in Molecular Exercise Physiology at the University of Aberdeen. His research interest is molecular exercise physiology in general and specifically the function of the Hippo pathway in skeletal muscle.