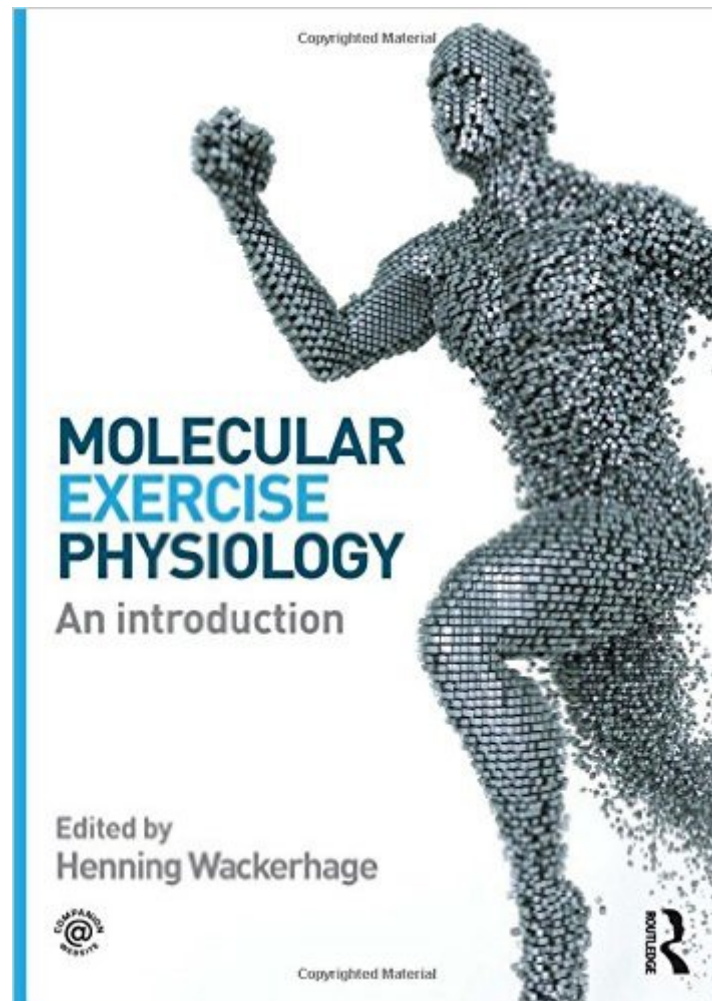


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# Molecular Exercise Physiology: An Introduction



## Synopsis

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.

## Book Information

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## Customer Reviews

Excellent book, with some minor mistakes when citing some numbers, like 10mmol instead of 100(as I remeber). I hope also like previous reviewer that new editions shall come. Also "Molecular and Cellular Exercise Physiology" by Frank Mooren and Klaus Volker is excllent book in this field, but it was published in 2004 and lot of new information came since that time.

"Molecular Exercise Physiology: An Introduction" offers a tremendous amount of information that will greatly benefit any professional or student looking to advance their knowledge and 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!

The 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!

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