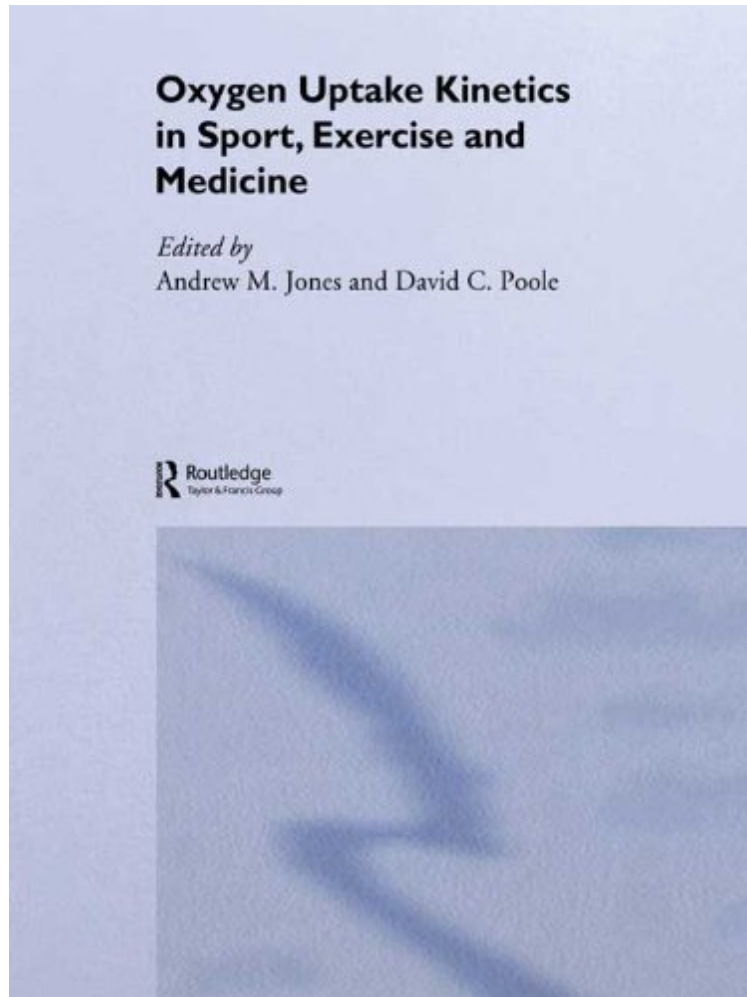


[Free pdf] Oxygen Uptake Kinetics in Sport, Exercise and Medicine: Research and Practical Applications

Oxygen Uptake Kinetics in Sport, Exercise and Medicine: Research and Practical Applications

Von David C. Poole

DOC | *audiobook | ebooks | Download PDF | ePub



 Download

 Read Online

Produktinformation -Verkaufsrang: #1591807 in eBooksVerffentlicht am: 2013-07-04Erscheinungsdatum: 2013-07-04File Name: B000Q36EYC | File size: 32.Mb

Von David C. Poole : Oxygen Uptake Kinetics in Sport, Exercise and Medicine: Research and Practical Applications before purchasing it in order to gage whether or not it would be worth my time, and all praised Oxygen Uptake Kinetics in Sport, Exercise and Medicine: Research and Practical Applications:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Gutes Buch auch zu dem PreisVon CaecilDas Buch an sich vom Inhalt her und das Preis-Leistungsverhhltnis stimmen. Es gibt einen Negativpunkt. Ich habe bis heute keine Rechnung erhalten, obwohl der Betrag von meinem Konto abgebucht worden ist. Ich kann die Rechnung beim Finanzamt ansetzen.

Kurzbeschreibung Despite its crucial importance, scientists interested in the limitations of human physical performance have only just started to give the field of oxygen uptake kinetics the attention it deserves. Understanding the principal determinant of the oxygen uptake kinetics is fundamental to improving human performance or the quality of life. This book provides a detailed overview of the current state of knowledge of this emerging field of study, and features: * an introduction to oxygen uptake kinetics and historical development of the discipline * measurement and analysis of oxygen uptake kinetics * control of and limitations to oxygen uptake kinetics * applications of oxygen uptake kinetics in a range of human populations. **Oxygen Uptake Kinetics in Sport, Health and Medicine** is richly illustrated and structured to enable easy access of information and represents an invaluable resource for students and researchers in exercise physiology, as well as for respiratory physiologists and pulmonary clinicians.

Kurzbeschreibung Despite its crucial importance, scientists interested in the limitations of human physical performance have only just started to give the field of oxygen uptake kinetics the attention it deserves. Understanding the principal determinant of the oxygen uptake kinetics is fundamental to improving human performance or the quality of life. This book provides a detailed overview of the current state of knowledge of this emerging field of study, and features: * an introduction to oxygen uptake kinetics and historical development of the discipline * measurement and analysis of oxygen uptake kinetics * control of and limitations to oxygen uptake kinetics * applications of oxygen uptake kinetics in a range of human populations. **Oxygen Uptake Kinetics in Sport, Health and Medicine** is richly illustrated and structured to enable easy access of information and represents an invaluable resource for students and researchers in exercise physiology, as well as for respiratory physiologists and pulmonary clinicians.

Synopsis If an individual can 'switch on' their aerobic energy system quickly, they will fatigue less rapidly and be better able to tolerate the demands of physical activity. Exercise training results in a speeding up of oxygen uptake kinetics, whereas ageing and a variety of disease states slow oxygen uptake kinetics and impair exercise capacity. Understanding the principal determinants of oxygen uptake kinetics is fundamental to improving human performance in sport, and to improving quality of life for patients in many disease states. This book, with contributions from leading international researchers in sport and exercise physiology, provides a comprehensive overview of the current state of knowledge within this emerging and buoyant field of study. Topics covered include: * Introduction to VO₂ kinetics and historical development of the discipline * Measurement and analysis of VO₂ kinetics * Control of and limitations to VO₂ kinetics * Applied VO₂ kinetics for different populations

This text provides an invaluable resource for students and researchers in exercise physiology, as well as for respiratory physiologists and pulmonary clinicians.