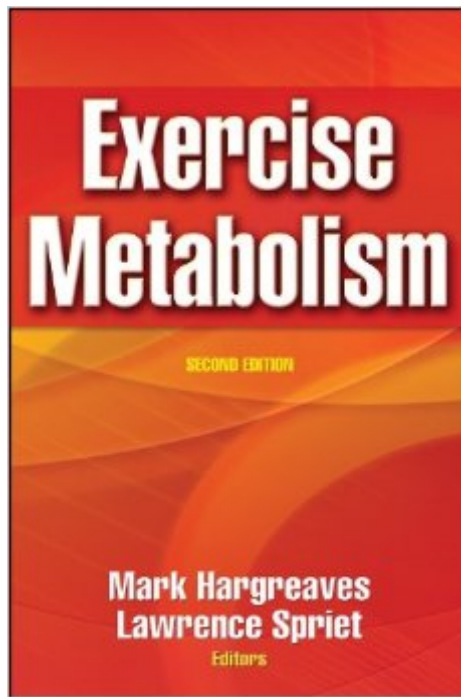


The book was found

# Exercise Metabolism - 2nd Edition



## Synopsis

Exercise Metabolism, Second Edition, provides a systematic, in-depth examination of the regulation of metabolic processes during exercise. Exercise physiologists, exercise biochemists, and biochemists will find this book a comprehensive reference, using the up-to-date information and the nearly 1,000 references in their own research and writing. In addition, graduate students in these disciplines can learn firsthand about the various regulations of metabolic processes during exercise as they prepare for careers in exercise physiology or biochemistry. Written by internationally recognized researchers, Exercise Metabolism, Second Edition, is both revised and expanded while retaining the essential elements of the first edition. It delves into the mobilization and utilization of substrates—glucose, lipid, and protein—during physical activity, and it explores metabolic factors in fatigue and metabolic adaptations to endurance training. Chapter 1 provides an overview of exercise metabolism. Metabolism during high-intensity exercise and the transition from rest to exercise are covered in chapter 2, which details the so-called anaerobic energy pathways. Chapter 3 discusses the effects of exercise on carbohydrate metabolism in skeletal muscle, while chapter 4 provides an overview of the important metabolic functions of the liver during exercise. Chapter 5 is a new chapter that addresses lactate transport in skeletal muscle, given the increased understanding of this topic since the first edition was published. Chapters 6 and 7 summarize the effects of exercise on lipolysis in adipose tissue and lipid metabolism in skeletal muscle, respectively. The contribution of protein and amino acids to exercise metabolism is discussed in chapter 8. Finally, metabolic factors in fatigue and the metabolic adaptations to endurance training are reviewed in chapters 9 and 10, respectively. Chapter-ending summaries help to condense the information and facilitate understanding. Exercise Metabolism, Second Edition, is a valuable reference to exercise physiologists, exercise biochemists, and biochemists, and it serves as an ideal text for graduate students in these disciplines.v

## Book Information

Hardcover: 312 pages

Publisher: Human Kinetics; 2 edition (December 16, 2005)

Language: English

ISBN-10: 0736041036

ISBN-13: 978-0736041034

Product Dimensions: 9.3 x 6.3 x 0.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #420,118 in Books (See Top 100 in Books) #221 in Â Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #424 in Â Books > Engineering & Transportation > Engineering > Bioengineering > Biochemistry #458 in Â Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology

## Customer Reviews

very good book

Great book

Older book with relevant information in today's environment.

I bought the book in excellent condition. Very informative, kinda dry, but very useful for the class I'm taking with it.

[Download to continue reading...](#)

Exercise Metabolism - 2nd Edition Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight Diet Recovery 2: Restoring Mind and Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food (Diet Recovery Series) TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) The Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer Survivors) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen,Tone and Heal Your Body) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Belly Fat Gone!: Surgical options for

removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Exercise After Pregnancy: How to Look and Feel Your Best, 2nd edition Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Exercise and Wellness for Older Adults - 2nd Edition: Practical Programming Strategies Biomechanics of Sport and Exercise, 2nd Edition Walk Tall! An Exercise Program for the Prevention & Treatment of Back Pain, Osteoporosis and the Postural Changes of Aging, 2nd Edition

[Dmca](#)