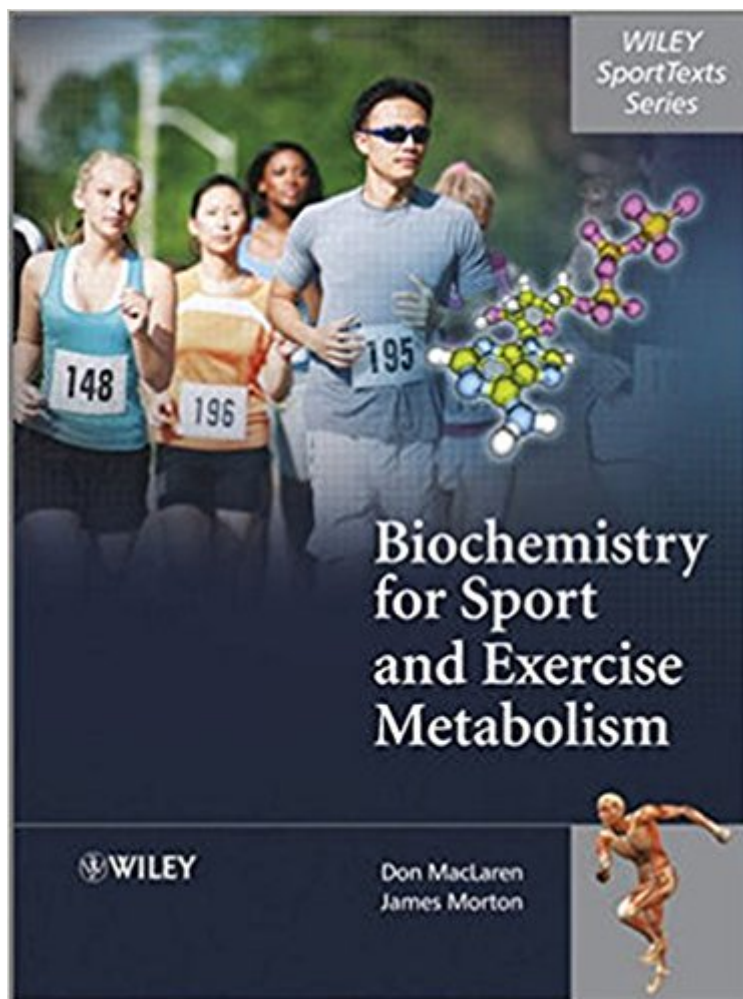


The book was found

Biochemistry For Sport And Exercise Metabolism



Synopsis

How do our muscles produce energy for exercise and what are the underlying biochemical principles involved? These are questions that students need to be able to answer when studying for a number of sport related degrees. This can prove to be a difficult task for those with a relatively limited scientific background. *Biochemistry for Sport and Exercise Metabolism* addresses this problem by placing the primary emphasis on sport, and describing the relevant biochemistry within this context. The book opens with some basic information on the subject, including an overview of energy metabolism, some key aspects of skeletal muscle structure and function, and some simple biochemical concepts. It continues by looking at the three macromolecules which provide energy and structure to skeletal muscle - carbohydrates, lipids, and protein. The last section moves beyond biochemistry to examine key aspects of metabolism - the regulation of energy production and storage. Beginning with a chapter on basic principles of regulation of metabolism it continues by exploring how metabolism is influenced during high-intensity, prolonged, and intermittent exercise by intensity, duration, and nutrition. Key Features: A clearly written, well presented introduction to the biochemistry of muscle metabolism. Focuses on sport to describe the relevant biochemistry within this context. In full colour throughout, it includes numerous illustrations, together with learning objectives and key points to reinforce learning. *Biochemistry for Sport and Exercise Metabolism* will prove invaluable to students across a range of sport-related courses, who need to get to grips with how exercise mode, intensity, duration, training status and nutritional status can all affect the regulation of energy producing pathways and, more important, apply this understanding to develop training and nutrition programmes to maximise athletic performance.

Book Information

Paperback: 264 pages

Publisher: Wiley; 1 edition (December 12, 2011)

Language: English

ISBN-10: 0470091851

ISBN-13: 978-0470091852

Product Dimensions: 7.5 x 0.5 x 9.7 inches

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

Average Customer Review: 4.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #261,467 in Books (See Top 100 in Books) #39 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Endocrinology #123 in Books > Medical

Books > Medicine > Internal Medicine > Endocrinology & Metabolism #193 inÂ Books > Textbooks
> Medicine & Health Sciences > Medicine > Clinical > Sports Medicine

Customer Reviews

The book is written in an easy to follow format and illustrated clearly. It gives a thorough insight in all exercise metabolism aspects. I found it very useful as background for further application of nutrition strategies.

AWESOME BOOK!

Smaller book and easier to read Compared to my A&P and exercise physiology Text books.

This is a solid intro for anyone begining to study exercise metabolism or looking for a good review as what i purchased it for.

really great book.

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

High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Ace Biochemistry!: The EASY Guide to Ace Biochemistry: (Biochemistry Study Guide, Biochemistry Review) Biochemistry for Sport and Exercise Metabolism 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 Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed to Shed 4-12 Inches and 9-21 Pounds of Stubborn Belly Fat Cellular Function and Metabolism (Developments in Molecular and Cellular Biochemistry) Marks' Basic Medical Biochemistry (Lieberman, Marks's Basic Medical Biochemistry) Biochemistry (BIOCHEMISTRY (VOET)) Medical Biochemistry: With STUDENT CONSULT Online Access, 3e (Medial Biochemistry) Exercise Biochemistry Biochemistry Primer for Exercise Science-4th Edition Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Exercise For Seniors - Get And Stay Fit

For Life At Any Age (Seniors, Low Impact Exercise Book 1) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Biomechanics of Sport and Exercise With Web Resource and MaxTRAQ 2D Software Access-3rd Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)