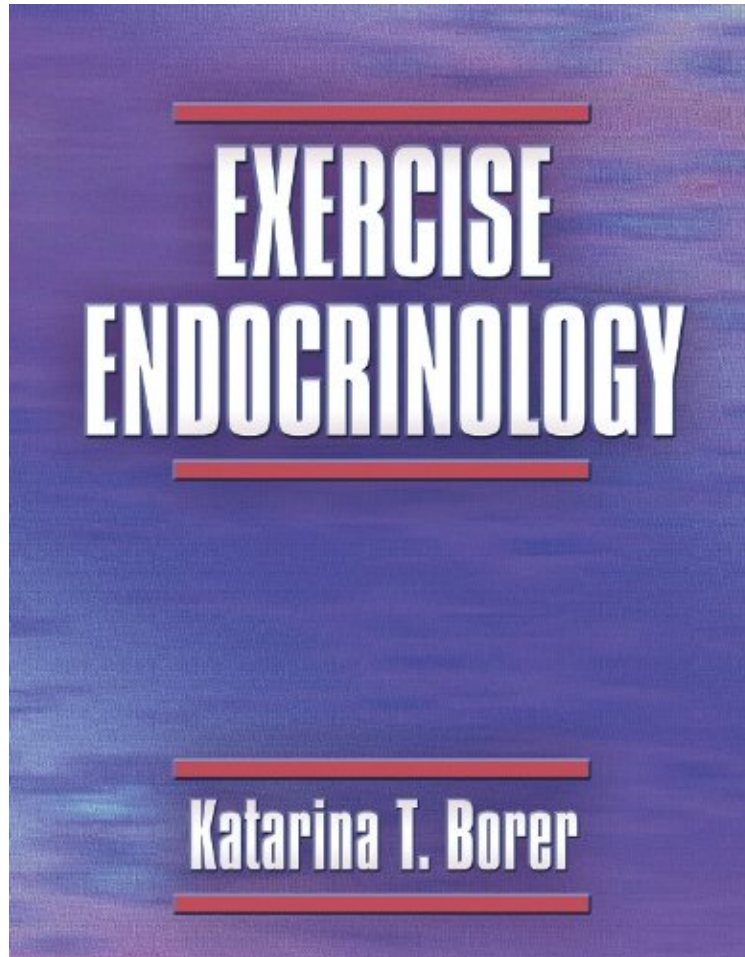


Exercise Endocrinology

Katarina Borer

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Katarina Borer : Exercise Endocrinology before purchasing it in order to gage whether or not it would be worth my time, and all praised Exercise Endocrinology:

Exercise Endocrinology is the only comprehensive textbook dealing with the endocrine physiology of exercise. The book serves both as a valuable introduction to endocrinology and as an integrative overview of exercise endocrinology. The text will help you understand the basics of endocrinology while giving you the most current information on endocrine physiology research. What makes Exercise Endocrinology unique is its organization by functional responses of hormones rather than by their organs and tissue origins. In addition, the book integrates autonomic physiology with endocrinology to present the most thorough review available of the autonomic nervous system's involvement in exercise. Written by a highly acclaimed exercise scientist and endocrinology researcher,

Exercise Endocrinology is well organized and includes references, illustrations, and tables that will help you do the following: -Compare hormone sources and effects -Categorize hormones, receptors, organ sources, and actions -Understand hormone functions (with specific consideration for fluid regulation, immunology, fuel use, stress responses, biological rhythms, and physical performance) -Recognize hormone agonists and antagonists -Be aware of the influence of exercise and hormones on human health The text devotes substantial attention to the chemical mediation of hypertension, diabetes, hyperlipidemia, and obesity. It also combines the study of growth and energy regulation to clarify how chemical mediators cause partitioning of energy down these separate pathways. The practical value of Exercise Endocrinology will appeal to students and exercise scientists, and the book will also be a valuable reference for health professionals who use exercise in disease prevention and rehabilitation.

About the Author Katarina Borer, PhD, is a professor of movement science and researcher at the University of Michigan. She studied the neuroendocrine controls of growth in an animal model from 1974 to 1994, and she developed and validated radioimmunoassays for hamster growth hormone and prolactin in the 1980s. Since 1995, Borer has been studying the effects of training intensity on hormonal and cardiovascular adaptations in postmenopausal women. Dr. Borer is a 2002 member of the NIA Special Emphasis Panel (Older Americans Independence Centers). In 1990, she was the recipient of the Fulbright Hayes Research Scholarship to Sweden. From 1993 to 1995, she was a member of the Council for International Exchange of Scholars, Area Committee for Scandinavia. She also is on the editorial board of *Kinesiology*, the international journal of fundamental and applied kinesiology.