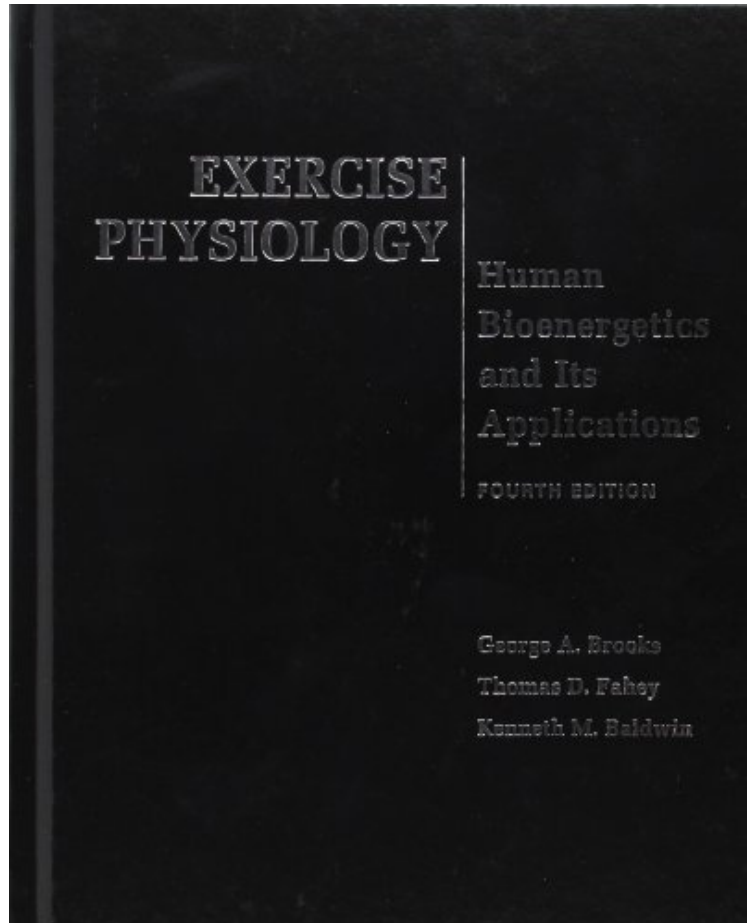


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About the Author Dr. Kenneth Baldwin is Professor Physiology Biophysics at The University of California - Irvine. Thomas D. Fahey, Ed.D., is professor of Kinesiology at California State University, Chico, where he teaches Exercise Physiology and Principles of Strength and Conditioning . He also volunteers as an assistant coach with the track and field team. He received his doctorate from the University of California, Berkeley. Dr. Fahey has written college textbooks and trade books on exercise physiology, wellness, athletic training, weight training, personal training, golf, and ergogenic aids. He has also written hundreds of articles for scholarly journals and popular magazines. He is a contributing editor and writes monthly research columns for Muscular Development, Fitness RX for Women and Fitness RX for Men magazines. His interests include travel, skiing, golf, tennis, weight training, hiking, and discus throwing. Dr. Fahey is a world-class masters discus thrower and was an All-American discus thrower in college. He won eleven straight US National Masters Championships, five medals at the World Masters Championships (including world champion in 2003), and three gold medals in the World Masters Games. He is a former competitor in powerlifting, highland games, alpine skiing, and tennis. Dr. George Brooks is Professor VII; Director, Exercise Physiology Laboratory at The University of California - Berkeley.