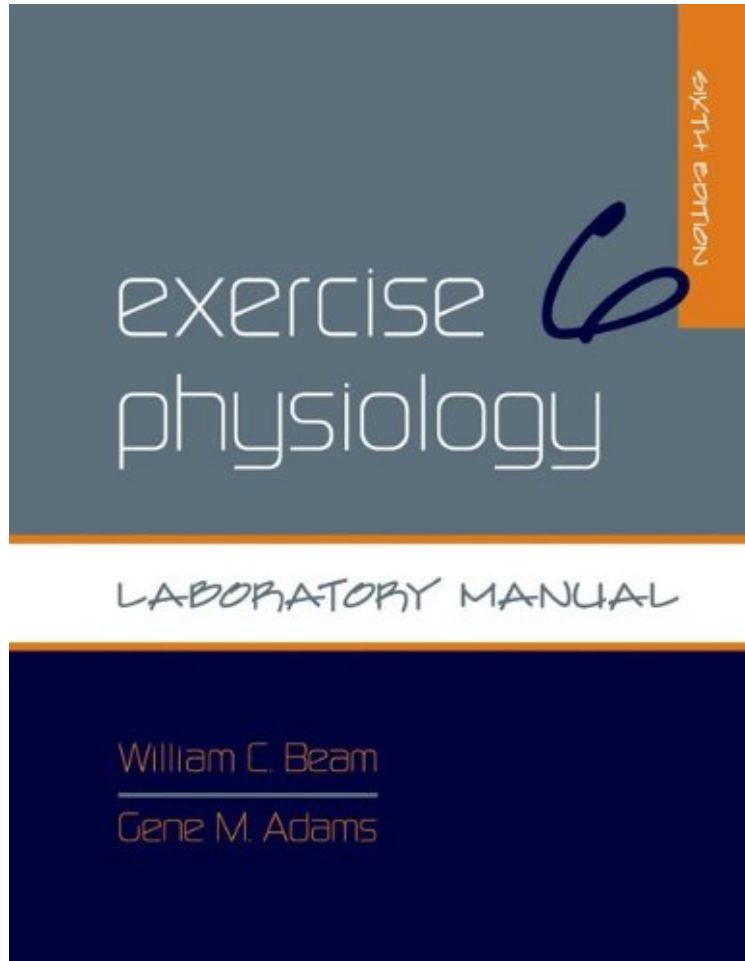


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Exercise Physiology Laboratory Manual

William Beam, Gene Adams

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Exercise Physiology Laboratory Manual is a comprehensive source of information for instructors and students interested in practical laboratory experiences related to the field of exercise physiology. The manual provides

instruction on the measurement and evaluation of muscular strength, anaerobic fitness, aerobic fitness, cardiovascular function, respiratory function, flexibility, and body composition. Written in a research format, each chapter, provides the rationale underlying each test, includes detailed methods and up-to-date comparative data, and concludes with a discussion of the results based on published studies. Homework forms at the end of each chapter can be completed in preview of an upcoming lab or in review of a completed lab. Lab Results forms direct students on the collection of laboratory data and the calculation and evaluation of the results. Exercise Physiology Laboratory Manual can be used as a stand-alone lab manual, as a complement to any exercise physiology textbook, and as a reference for numerous other exercise science and kinesiology courses in measurement and evaluation, strength and conditioning, or exercise prescription.

About the Author Dr. Beam was born and raised in Orrville, Ohio. While in high school, he competed in football, wrestling and golf and played trumpet in the jazz band that toured the U.S. and Europe. He received his B.S. in biology from the College of Wooster, a small liberal arts college in Ohio. During his undergraduate study, he spent one summer in Vienna, Austria studying art history and German. He completed his graduate work and obtained his Ph.D. in exercise physiology from The Ohio State University. While a graduate assistant at Ohio State, he was responsible for performance testing of all the athletes including football, basketball, baseball, swimming, ice hockey and more. It was a wonderful experience working with so many talented collegiate, Olympic and future professional athletes. Dr. Beam joined the faculty at Cal State Fullerton in 1983 and the following year began directing the Exercise Physiology Lab and the Physical Performance Program. Under Dr. Beam's guidance, over fifty graduate students have completed their master's degrees and most are now active in the community working and teaching within the fitness/wellness profession. He also previously served as President of the Southwest regional chapter of the American College of Sports Medicine (SWACSM), and as the regional chapter representative to the ACSM Regional Chapters Committee. Bill currently lives in Placentia, California with his wife Terri, who teaches Chemistry at Mt. San Antonio College, and their two children Danny and Sara. Bill has commuted primarily by bicycle during his time at CSUF and enjoys cycling, jogging, swimming and playing sports with the family. Dr. Gene Adams is Faculty Emeritus of Kinesiology and Health Science at California State University at Fullerton.