Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness

Terry J. Housh, Joel T. Cramer, Joseph P. Weir, Travis W. Beck, Glen O. Johnson
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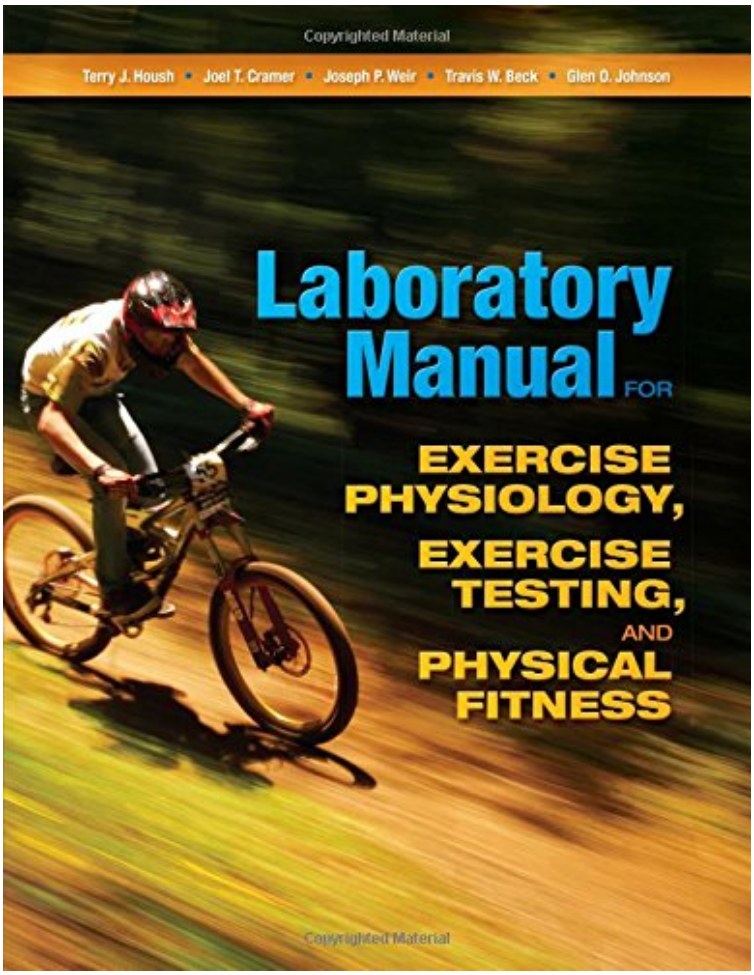

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Terry J. Housh, Joel T. Cramer, Joseph P. Weir, Travis W. Beck, Glen O. Johnson : Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness before purchasing it in order to gage whether or not it would be worth my time, and all praised Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness:

Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness is a comprehensive text that will provide students with meaningful lab experiences--whether they have access to sophisticated laboratories and expensive equipment, or they are looking for procedures that can be done without costly materials. It will be a useful resource as they prepare for a career as an exercise science professional, athletic trainer, coach, or physical educator.

The more than 40 labs cover seven major components of physical fitness. They are practical and easy to follow, consisting of a clear, logical format that includes background information, step-by-step procedures, explanatory photographs, sample calculations, norms and classification tables, and worksheets. Lab-ending activities and questions provide additional opportunities to practice the procedures and explore issues of validity, reliability, and accuracy.Readers will find this manual a valuable tool in learning to apply physiological concepts and to perform exercise tests, as well as an essential resource for any career involving physical fitness and performance testing.

About the AuthorTerry J. Housh is a professor in the Department of Nutrition and Health Sciences, Director of the Exercise Physiology Laboratory, and Co-director of the Center for Youth Fitness and Sports Research at the University of Nebraska-Lincoln (UNL). He has co-authored more than 250 peer-reviewed research articles and eight college textbooks, and he has given more than 250 presentations at annual meetings of professional organizations including The American College of Sports Medicine (ACSM), the Society of Health and Physical Educators (SHAPE America), National Strength and Conditioning Association (NSCA), and National Athletic Trainers Association (NATA). He was the 1998 recipient of The Outstanding Sport Scientist Award from the National Strength and Conditioning Association Joel T. Cramer received his Ph.D. degree in 2003 and now works as an assistant professor and a mentor to Ph.D. students in the Department of Health and Exercise Science at the University of Oklahoma Joseph P. Weir received his Ph.D. degree from the University of Nebraska-Lincoln in 1993. He is a professor and Chair of the Department of Health, Sport, and Exercise Sciences at the University of Kansas Travis W. Beck received his doctoral degree in 2007 and is an assistant professor in the Department of Health and Exercise Science at the University of Oklahoma, where he mentors Exercise Physiology Ph.D. students Glen O. Johnson (along with Dr. William G. Thorland) began the Ph.D. program in Exercise Physiology at UNL in the late 1970s. Today, Dr. Johnson is a professor in the Department of Nutrition and Health Sciences at UNL and continues to advise Exercise Physiology doctoral students