

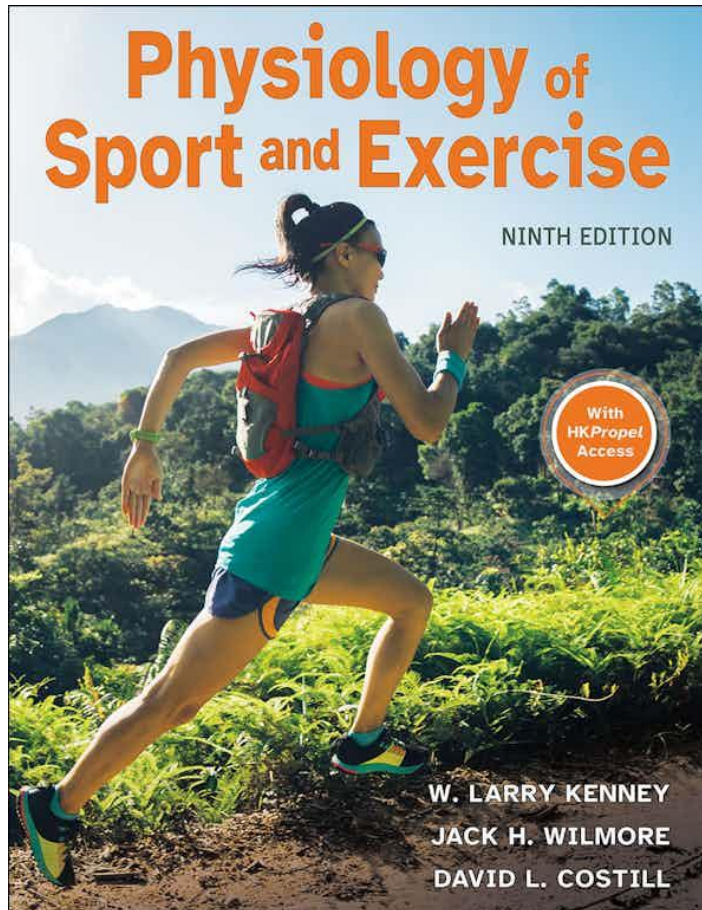


**HUMAN
KINETICS**

20th BASES Heads of Department Forum

World leading sport science, health and fitness publisher

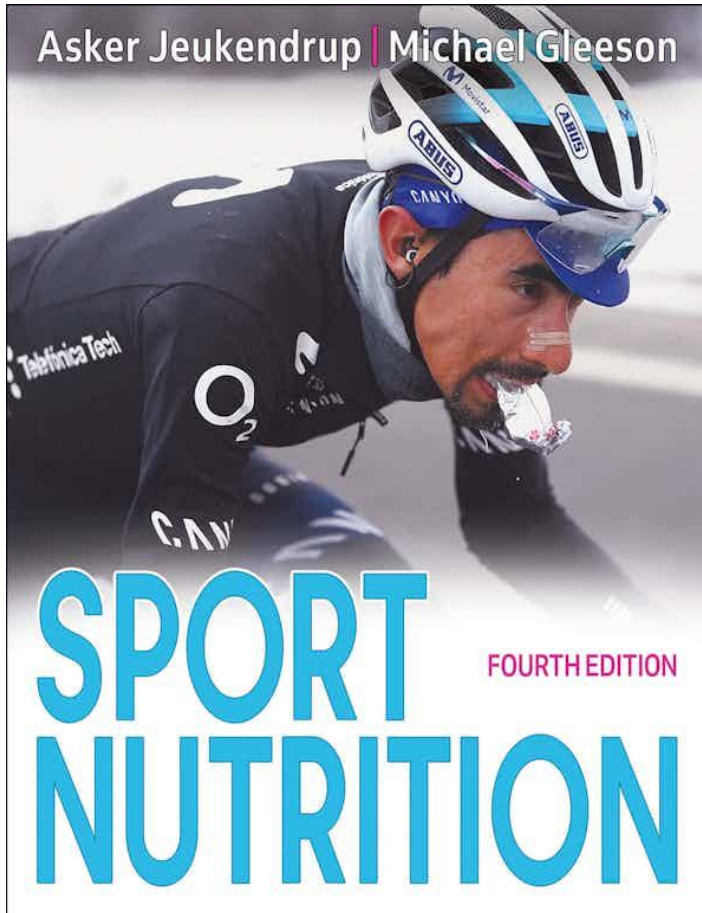
Physiology of Sport and Exercise 9th Edition



9781718228429

- Physiology of Sport and Exercise has been a pivotal textbook in the field of exercise physiology
- Written with the student in mind, this title puts the experience of the learner at the forefront
- Readability and ease of understanding really set it apart from other physiology resources
- Updated based on the most recent standards and guidelines in the field:
 - New content on energy sources used in exercise
 - Expanded content on fatigue and exercise performance
 - Expanded coverage of the interactive effects of insulin and exercise
 - More detail on lactate threshold and lactate shuttle
 - Content on the role of vascular changes in skeletal muscle health and function
 - Updated Research Perspective sidebars, including over 60 new sidebars, that emphasize emerging findings in the field

Sport Nutrition 4th Edition

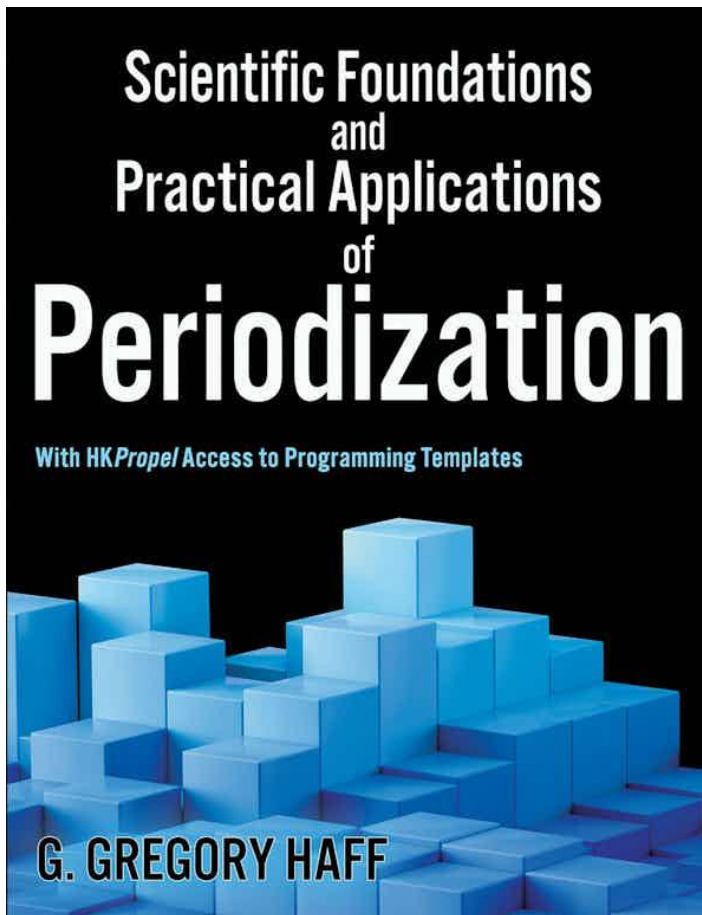


9781718221703

- Sport Nutrition explains the role of nutrition in enhancing exercise performance using a physiological basis
- Presents the rationale for current nutrition guidelines for athletes and provides an in-depth look at the science behind sport nutrition
- The fourth edition is greatly enhanced with a new full-colour format showcasing 40 new infographics and 50 additional figures and illustrations
- New topics in this edition include the following:
 - How to recognize good versus bad information about sport nutrition
 - The role of gut microbiota and how diet and exercise impacts the microbiome
 - The function of macronutrients and micronutrients in relation to exercise performance and recovery
 - Guidelines to limit gastrointestinal problems during exercise
 - Electrolyte replacement during exercise in the heat
 - The effects of exercise and nutrition on immune function and health outcomes, as learned from the COVID-19 pandemic
 - Low energy availability and the causes and consequences of relative energy deficiency in sport (REDs)
- Updated ancillaries on HK Propel

human-kinetics.co.uk

Scientific Foundations and Practical Applications of Periodization



9781492561675

- Integrates both classic and modern periodization theories with recovery methodologies, nutritional interventions, and athlete monitoring guidelines
- Incorporates the latest scientific evidence to provide a comprehensive understanding of how to implement planning and programming strategies to enhance physiological adaptations.
- The book has a strong practical focus, and it translates the latest research into usable information that directly enhances programming
- Students will have access to real-world, practical examples and discussions of how to make scientifically sound programming decisions
- Great author with great global reputation in the S&C field. Authored 2 other HK titles that are widely adopted within the UK

Market leading teaching ancillaries

Many of our textbooks are accompanied by our ancillary resource platform, HK Propel, – resources range from instructor guides to image banks, presentation slides, student activities, test banks, online quizzes, and more

Chapter 3: Neural Control of Exercising Muscle

FIGURE 3.7 SENSORY-MOTOR INTEGRATION

Play the animation for figure 3.7.

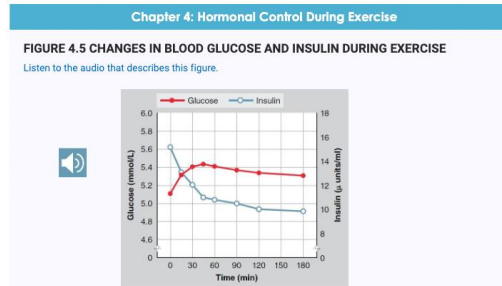
1 A stimulus to the skin is received by a sensory receptor (e.g., nociceptor).

2 The action potential travels through sensory neurons to the CNS.

3 The CNS integrates the information and determines the motor response or reflexively initiates the appropriate motor response.

4 The motor action potential travels out from the CNS through motor neurons.

5 The action potential reaches the muscle fibers and the response occurs.



Laboratory Manual for Exercise Physiology 2nd Edition Lab Activity Downloads

93% COMPLETE

- Laboratory 1 | Primary Data Collection
- Laboratory 2 | Pretest Screening
- Laboratory 3 | Flexibility Testing
- Laboratory 4 | Blood Pressure Measurements
- Laboratory 5 | Resting Metabolic Rate Determinations

Individual Data Sheets

- Haff2E_HKPropel_LabActivity_01_01_IndividualDataSheet.pdf (137.4 KB)
- Haff2E_HKPropel_LabActivity_01_02_IndividualDataSheet.pdf (487.3 KB)

Group Data Sheets

- Haff2E_HKPropel_LabActivity_01_01_GroupDataSheet.rtf (183.5 KB)

Virtual Laboratory Activity 6.1: Calculating Oxygen Deficit and EPOC

Your Challenge

Welcome to virtual lab activity 6.1. In this activity, you and another tester will collect data and make calculations to demonstrate your understanding of energy expenditure at rest, oxygen deficit, steady state, and EPOC.

Before you start, be sure you've read Laboratory 6: Oxygen Deficit and EPOC Evaluations in the *Laboratory Manual for Exercise Physiology, Second Edition*.

When you're ready to continue, go to the next screen to meet your virtual lab partners.

Menu

- Virtual Lab Activity 6.1 Oxygen Deficit and EPOC
 - Lab Activity 6.1
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 - Preexercise Measurements
 - Submaximal Exercise
 - Video: Postexercise Measurements
 - Download Data Sheet
 - Calculations
 - Final Tasks

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Thanks for your time!

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