Clinical Exercise Physiology, Second Edition

Jonathan K. Ehrman, Paul M. Gordon, Paul S. Visich, Steven J. Keteyian

Clinical Exercise Physiology, Second Edition, provides a comprehensive look at the clinical aspects of exercise physiology by thoroughly examining the relationship between exercise and chronic disease. Updated and revised, this second edition reflects important changes that have occurred in the field since the first edition was published. It will provide professionals and students with fundamental knowledge of disease-specific pathology and treatment guidelines while also guiding readers through the clinical exercise physiology associated with exercise testing and training of patients with a chronic disease.

The second edition of *Clinical Exercise Physiology* builds on information presented in the previous edition with reorganized chapters, updated and revised content, and the latest information on the key practice areas of clinical exercise physiology: endocrinology, the metabolic system, the cardiovascular system, the respiratory system, oncology, the immune system, bone and joint health, and the neuromuscular system. This second edition also features an online ancillary package, allowing instructors to more effectively convey the concepts presented in the text and prepare students for careers in the field.

Clinical Exercise Physiology, Second Edition, is easy to navigate—the logical order of the chapters makes key information easy to find. The detailed chapters discuss 23 disease states and conditions that clinical exercise physiologists encounter in their work and provide guidance for the expert care of the populations discussed. Each chapter covers the scope of the condition; its physiology and pathophysiology and treatment options; clinical considerations, including the administration of a graded exercise test; and exercise prescription. The text also details how clinical exercise physiologists can most effectively address issues facing special populations, including children, the elderly, and female athletes.

This comprehensive resource is an asset to new and veteran clinical exercise physiologists as well as those preparing for the ACSM Registry Examination. A must-have study tool for examination candidates, this text is on the suggested readings lists for both the Exercise Specialist and Registered Exercise Physiology exams. The text specifically addresses the knowledge, skills, and abilities (KSAs) listed by the ACSM for each of these certifications.

Clinical Exercise Physiology, Second Edition, is the definitive resource on the use of exercise training for the prevention and treatment of clinical diseases and disorders. It includes the following features:

-Revised and updated content reflects the recent changes in exercise testing and training principles and practices.

-Four new chapters on depression and exercise, metabolic syndrome, cerebral palsy, and stroke are evidence of how the field has evolved in considering patients with more widely diagnosed diseases and conditions.

-A new text-specific Web site containing a test package and PowerPoint presentation package helps instructors present the material from the book.

-Case studies provide real-world examples of how to use the information in practice.

-Discussion questions that highlight important concepts appear throughout the text to encourage critical thinking.

-Practical application boxes offer tips on maintaining a professional environment for client–clinician interaction, a literature review, and a summary of the key components of prescribing exercise.
Clinical Exercise Physiology, Second Edition, is the most up-to-date resource for professionals looking to enhance their knowledge on emerging topics and applications in the field. It is also a valuable text for students studying for the ACSM Registry Examination.

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