



## Introduction to Exercise Science

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The fourth edition of this book is designed to introduce students to the many areas of study and possible professions in the field of exercise science, whether in an academic setting, at a fitness or sport venue, or in an organization such as the Centers for Disease Control & Prevention. Readers who plan to pursue careers in fields such as exercise physiology, athletic training, nutrition, strength and conditioning, or exercise/sport psychology will find coverage of the major areas of study in exercise science. Each chapter was written by one or more expert in that particular field. The book as a whole offers an excellent balance of theory, research, and application.

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#### Review

The authors do a great job of explaining complex theories/concepts in terms that students with little to no background are able to grasp --Trent Herda, University of Kansas

The flow of each chapter is easy to follow and consistent throughout the textbook, which students appreciate. It makes reading and learning much easier for them --Louise Kelly, California Lutheran University

This is an excellent book . . . well-written and totally to the level of audience --Timothy Hilliard, Fitchburg State University

#### About the Author

**Terry 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 170 peer-reviewed research articles and five college textbooks, and he has given more than 200 presentations at annual meetings of professional organizations including The American College of Sports Medicine (ACSM), American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), 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

**Dona J. Housh** is a professor in The Oral Biology Department, College of Dentistry, at the University of Nebraska Medical Center, where she teaches Human Physiology to first year dental students as well as post-doctoral graduate students in various dental specialties. Housh's research interests include muscle function, neuromuscular fatigue, and the hypertrophic responses to resistance training. She has authored numerous peer-reviewed articles in prestigious scholarly journals and has presented research findings at annual meetings of The American College of Sports Medicine and The National Strength and Conditioning Association

**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

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