



Introduction to Exercise Science 4th ed

Terry J. Housh, Dona J. Housh, Glen O. Johnson

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The fourth edition 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. The book includes contributions from several generations of exercise scientists, with each chapter written by an expert in a particular field. The book as a whole offers an excellent balance of theory, research, and application.

Features of the Book

It has been updated throughout, to keep readers current on new research in the field and to reflect changing career possibilities.

Chapters describing the areas of study in exercise science provide information on the history, educational preparation, technology and tools, certifications, professional associations, important publications, employment opportunities, and future directions for the field.

Pedagogical tools including study questions, suggested readings, learning activities, relevant websites, and references enhance and reinforce learning.

Increased number of graphic elements help to enhance understanding.

A Glossary compiles the key terms discussed throughout the book.

A companion website with practice labs for each chapter, key term reviews, and study questions will help students cement their learning.

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