Contents

1. Introduction **1**

• Fitness *2* • Benefits of Exercise *3*

2. Effects of Exercise on Skeletal System **6**

• Composition of Bone *6* • Bone Cells *9* • Growth of Bones *10* • Relationship between Bone and Calcium *10* • Osteoporosis *12* • Strain as a Stimulus for Bone Adaptation *16* • Exercise Response in Bone *16* • Genetic Potential and Exercise *16* • Physical Activity and Bone Across the Lifespan *17* • Growth and Peak Bone Mass *17* • Appropriate Exercise *18*

3. Effects of Exercise on Muscular System **19**

• Classification *19* • Composition of Skeletal Muscles *19* • Functions of Skeletal Muscle *20* • General Features of Skeletal Muscle *22* • Histological Structure *24* • Changes during Muscular Contraction *27* • Muscle Fiber Types *30* • Muscle Strength and Power Differences between Two Sexes *31* • Age and Muscular Strength *32* • Body Weight and Muscular Strength *32* • Effects of Heavy Resistance Exercise *33* • Effects of Androgens on Hypertrophy *33* • Muscle Strength and Movement Velocity *34* • Strength and Power Relationship in Performance *35*

4. Effects of Exercise on Cardiovascular System **37**

• Cardiovascular System *37* • Effect of Exercise on Cardiovascular System *38* • Exercise Strength Testing for Diagnosis of Coronary Heart Diseases *45*

5. Effects of Exercise on Respiratory System **53**

• Effects of Exercise on Respiratory System *53* • Diffusing Capacity for Oxygen *56* • Consumption of Oxygen *57* • Oxygen Debt *57* • VO_2 max *58* • Respiratory Quotient *59* • Nature of Second Wind *59* • Athlete's lung *60*

6. Effects of Exercise on Endocrine System **61**
• The Pituitary Gland *61* • Adrenal Gland *67*
• Pancreas *71* • Testosterone *74* • Ovarian Hormones *75*

7. Effects of Exercise on Nervous System **76**
• The Neuron *76* • Synapse *77* • Neurotransmitters *78*
• Neuromuscular Junction *80* • Effects of Exercise on the Nervous System *80*

8. Effects of Exercise on Digestive System **82**
• Organs of the Digestive System *82* • Effects of Exercise on Digestive System *84* • Digestion of Carbohydrates *87*
• Fats *89* • Protein *90*

9. Nutrition and Physical Performances **92**
• Categories of Nutrients *92* • Factors Affecting Nutrient Requirements *92* • Nutritional Support of Exercise Performance *93* • Carbohydrate Intake *94*
• High Carbohydrate Diets *94* • Effects of Dietary Carbohydrate on Glycogen Storage *95* • Glycogen Loading *95* • Carbohydrate Intake before and during Exercise *96* • Postexercise Carbohydrate Intake *96*
• Fat Intake *97* • Vitamins 99 • Fat-soluble Vitamins *100*
• Water-soluble Vitamins *102* • Vitamin C *105*
• Minerals *106* • Calcium *106* • Phosphorus *108*
• Iron *108* • Water Requirement *109*

10. Effects of Exercise on Excretory System **111**
• The Kidneys *111* • Functions of Kidneys *112*
• Renal Blood Flow *114* • Glomerular Filtration *114*
• Hormonal Effects on Urine Composition *115*

11. Effects of Exercise on Reproductive System **117**
• Reproductive Hormones and Exercise *117*
• Testosterone *117* • Ovarian Hormones *120*

12. Temperature Regulation **123**
• Heat Production *123* • Heat Exchanged between the Body and the Environment *124* • Body Temperature Control System *126* • Thermoregulation in Cold Stress *127*
• Thermoregulation in Heat Stress *128* • Effect of Ambient Temperature on Mechanisms of Heat Loss *128*

• Sweat Glands *129* • Effect of Sweat Loss on Body Fluids *129* • Environmental Factors that Predispose to Hyperthermia *130* • Heat-related Illness *131* • Exercise in Cold *137* • Cold Acclimatization *142* • Effects of Clothing on Thermoregulation *142*

13. Effects of Gender Differences on Physical Performance 146
• Skeletal Differences *148* • Trunk, Shoulder Width and Pelvis *148* • Chest *149* • Abdomen *150* • Upper and Lower Extremities *150* • Height *150* • Weight *151* • Center of Gravity *151* • Adiposity *151* • Heart Size *152* • Strength *152* • Blood Volume and Hemoglobin *154* • Blood Pressure *154* • Heart Rate *155* • Stroke Volume and Cardiac Output *155* • Oxygen Pulse *155* • Vital Capacity *156* • Maximal Voluntary Ventilation *156* • Maximum Oxygen Uptake *157* • Basal Metabolic Rate *157* • Heat Adaptation *158*

14. Manipulation of Body Composition Status in Athletes 159
• Human Body Composition *159* • Elementary Composition of Human Body *162* • Body Composition Models *162* • Behnke's Reference Man and Reference Woman *165* • Methods of Estimating Body Composition Components *166* • Manipulation of Body Composition Status in Athletes *181*

Glossary 195
Bibliography 207
Index 217