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Introduction to Exercise Science

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

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This book is designed to introduce students to the many areas of study and possible employment opportunities in the field of exercise science. If you plan to pursue a career in exercise physiology, athletic training, nutrition, strength and conditioning, or exercise/sport psychology, or you want to seek a career in a university setting or in an organization such as the Centers for Disease Control or the U.S. Department of Health and Human Services, you will find coverage of the most important aspects of the discipline as well as current and future trends. Each chapter is written by an expert in a particular specialty and contains up-to-date information. Two new chapters on reading and interpreting the literature in exercise science and on exercise epidemiology have been added to this edition. The first is designed to help you become a wise consumer of exercise science literature, and the second shows how exercise epidemiologists study associations between physical activity and the risk of developing specific diseases. Chapters describing the areas of study in exercise science provide information on the history, educational preparation, technology and tools, certifications, professional associations, important publications, career opportunities, and future directions for the field. Abstract boxes, newly updated, will familiarize you with current scholarship in the field. Pedagogical tools including study questions, suggested readings, learning activities, relevant websites, and references enhance and reinforce learning. A Glossary will help you understand the key terms discussed throughout the book.

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