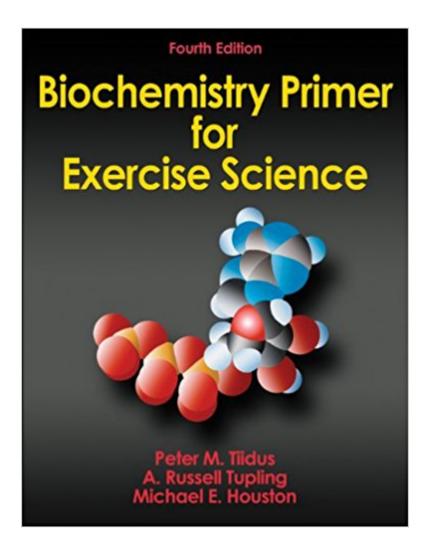
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# Biochemistry Primer For Exercise Science-4th Edition





### Synopsis

Students trained in traditional exercise physiology have learned the basic concepts of energy but often donâ <sup>™</sup>t fully understand human energy consumption at the molecular level. Biochemistry Primer for Exercise Science, Fourth Edition, provides an introduction to biochemistry that will give readers greater insight into the molecular aspects of human physical activity. Reflecting the rapid development of the field, this classic text continues to present the essentials of biochemistryâ "molecular biology, basic chemistry, metabolism, and transcription regulationâ "in an easy-to-understand format. The fourth edition features the most recent research in exercise biochemistry plus new and revised content, including the following: â ¢ All-new coverage of the control of biochemistry and biochemical and muscular adaptations to exercise and training via signaling pathways, an area of study that has received much attention in recent years  $\hat{a} \notin Added$ information on the regulation of gene expression, which highlights the need for students to comprehend the basics of molecular biology  $\hat{a} \notin Next$  Stage sections in each chapter, which lead students toward emerging areas of knowledge in the field by examining new or controversial areas of research â ¢ An integration of the chapters on DNA, RNA, and the regulation of protein synthesis to provide a more focused and effective presentation of these key concepts Biochemistry Primer for Exercise Science, Fourth Edition, combines information from nutrition, physiology, and biochemistry to provide a clear explanation of the working of metabolism and the human bodyâ ™s response to physical activity. Special elements throughout the text help to demystify this complex and dynamic field of study. Key points reinforce essential concepts and aid readers in relating them to sport and exercise. Chapter summaries outline important information to take away, and review questions with answers allow readers to test their knowledge of each chapterâ <sup>™</sup>s content. A comprehensive glossary and the list of abbreviations found on the inside front and back covers help readers become familiar with commonly used biochemistry terms, and a reference list provides a starting point for exploring areas of interest in more detail. With its combination of essential topics, new findings, and future directions in research, Biochemistry Primer for Exercise Science, Fourth Edition, is a perfect resource for anyone looking to build an understanding of exercise biochemistry. Both students and professionals alike will find the information they need to begin their exploration of this fascinating field of study. v

## **Book Information**

Paperback: 312 pages Publisher: Human Kinetics; 4 edition (May 1, 2012) Language: English ISBN-10: 9780736096058 ISBN-13: 978-0736096058 ASIN: 0736096051 Product Dimensions: 8.7 x 0.8 x 10.9 inches Shipping Weight: 1.9 pounds (View shipping rates and policies) Average Customer Review: 4.6 out of 5 stars Â See all reviews (5 customer reviews) Best Sellers Rank: #338,538 in Books (See Top 100 in Books) #79 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Biochemistry #151 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physical Medicine & Rehabilitation #211 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation

#### Customer Reviews

This is a great reference book. Very detailed. Very descriptive. I would definitely recommend it to anyone interested in exercise science.

This book comprises all the biochemistry information you need to have a detailed understanding of the principles and molecular processes behind exercise physiology.

Good reference source. I would prefer color graphics and a hardcover addition. The science is accurate, and comprehensive enough for advanced exercise physiology class.

Book came timely and is as described.

I needed this for my EXB 110 class. I never opened it once, so I can't say if it was a good book. *Download to continue reading...* 

Biochemistry Primer for Exercise Science-4th Edition Marks' Basic Medical Biochemistry (Lieberman, Marks's Basic Medical Biochemistry) Harper's Biochemistry/a Lange Medical Book (Harper's Illustrated Biochemistry) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Exercise Every Day: 32 Tactics for Building the Exercise Habit The Absolute, Ultimate Guide to Lehninger Principles of Biochemistry, 4th Edition: Study Guide and Solutions Manual ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-4th Edition Biochemistry and Genetics: Pretest Self-Assessment and Review, Fourth Edition (PreTest Basic Science) Lab Manual - Food Science: The Biochemistry of Food and Nutrition WP205 - Bastien Piano Basics -Theory - Primer Level (Primer Level/Bastien Piano Basics Wp205) UNIX System Management Primer Plus (Primer Plus (Sams)) Primer Nivel: Aprende Saxofà n Alto Facilmente (Level One: Alto Saxophone) (Primer Nivel) WP210 - Bastien Piano Basics - Performance - Primer Level (Primer Level/Bastien Piano Basics Wp210) Fundamentals of Sport Management (Human Kinetics' Fundamentals of Sport and Exercise Science) Spark: The Revolutionary New Science of Exercise and the Brain Lippincott's Illustrated Reviews: Biochemistry, Fourth Edition (Lippincott's Illustrated Reviews Series) Lehninger Principles of Biochemistry, Fourth Edition Biochemistry, 6th Edition Harpers Illustrated Biochemistry 30th Edition

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