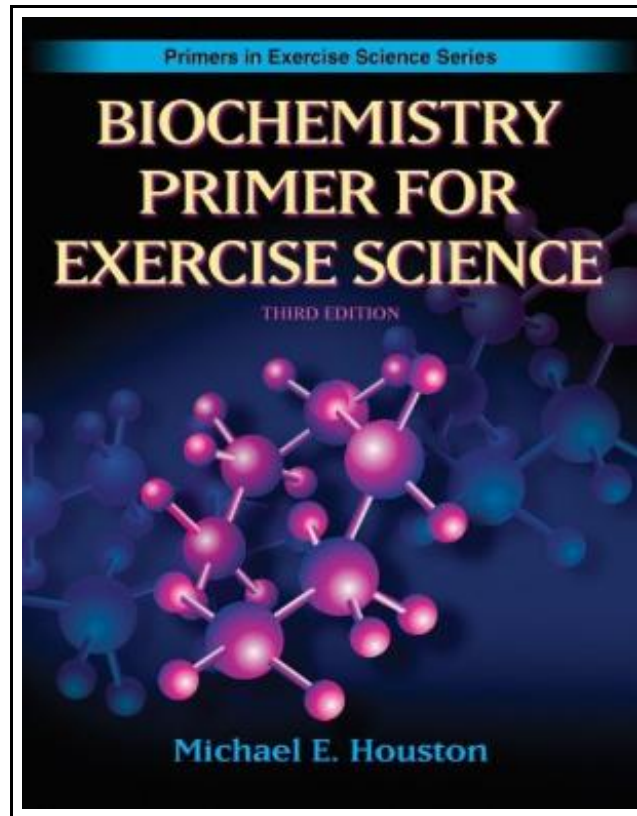


Biochemistry Primer for Exercise Science (Primers in Exercise Science)



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Reviews

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(Prof. Maya Hand)

BIOCHEMISTRY PRIMER FOR EXERCISE SCIENCE (PRIMERS IN EXERCISE SCIENCE)



Human Kinetics, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The latest edition of Biochemistry Primer for Exercise Science provides upper-level undergraduate and graduate students with an understanding of the essential concepts of biochemistrymolecular biology, basic chemistry, metabolism, and transcription regulationin an easy-to-understand format. This text builds on the success of the previous edition by offering new topics, new organization of chapters, greater interpretation and integration of key concepts, and new and improved illustrations that clarify the content. Biochemistry Primer for Exercise Science, Third Edition is the first volume in Human Kinetics'Primers in Exercise Science Series. With its updated information based on new research and ideas from exercise science and molecular biology and its greater interpretation of biochemistry in the context of the active human, this volume is the only text of its kind in this field. Students trained in traditional exercise physiology can understand basic concepts of energy, but without the knowledge gained from this book they might lack the ability to apply these principles to everyday life. New information and approaches in this book include the following: -Reorganized chapters give greater attention to the mechanism behind the concepts. Basic metabolic pathways and mechanisms are outlined and the role of exercise in modulating those pathways and mechanisms is addressed. -A deeper and more thorough integration of the topics adds context and aids in comprehension. -New review questions with answers are provided. -A section on oxidative stress and its implications to lifestyle and health are included. -A new section covers signal transduction that leads to changes in the expression of genes and in the amounts of specific proteins. -A thoroughly revamped chapter covers bioenergetics with an overview of energy systems and their role in exercise. This is followed by the more rigorous thermodynamics...



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