

Exercise Physiology

Section 3: Substrate Delivery and Waste Removal

Section 3 will cover Chapters 9, 10, 11 & 12. Exam questions will all come directly from the lecture notes, / Powerpoint slides.

Topic Outline

Myocardial Excitation and Contraction

1. Heart muscle structure
2. Electrical coupling
 - Action potential
 - Conduction
 - Calcium
3. Activation spread
 - SA and AV nodes
 - Atrial / ventricular contraction "wave"
 - ECG
4. Cardiac cycle
 - Atrial and ventricular contraction
 - Pressure changes / values
 - Flow

Flow and Pressure

1. Structure
 - Arteries
 - Capillaries, venules
 - Veins
2. Arteries
 - Smooth muscle
 - Arterioles
 - Pre-capillary sphincters
3. Capillaries
 - Continuous
 - Fenestrated
4. Veins
 - Valves
 - Muscular walls
5. Pressure changes - Cardiac cycle
 - Atrial / pressure
 - Atrial / volume
6. a-v O₂ difference
 - Blood flow
 - Muscle metabolism
7. Blood Flow Regulation
 - Distribution
 - Regulation
 - I. Auto-regulation
 - II. Parasympathetic and Sympathetic NS
8. Sickle Cell Trait Supplementation

Relationships and Equations

1. Cardiac Output
 - $Q = SV \times HR$
2. Stroke Volume
 - $SV = EDV - ESV$
3. Ejection Fraction
 - $EF = SV / EDV$
4. Flow
 - Flow ∝ Pressure / Resistance
5. Resistance
 - $R = (Length \times Viscosity) / Radius^4$
6. Flow Pressure Product
 - $QPP = Q \times P = HR$
7. Guyton's Circulation
 - $VO_2 = Q \times a-vO_2 \text{ diff}$
 - $VO_2 = HR \times SV \times a-vO_2 \text{ diff}$

Control of Cardiac and Blood Flow

1. Heart Rate Regulation
 - Sympathetic NS
 - Parasympathetic NS
 - Pressure, baroreceptors and chemoreceptors
 - Barore
2. Stroke Volume
 - Pressure - volume relationships
 - End diastolic volume (pre-load)
 - o Frank-Starling mechanism
 - Aortic pressure / peripheral resistance (after-load)
 - Ventricular contraction force
3. Autoregulation (after-load)

Respiration

1. Mechanics of Breathing
 - Lung volume
 - Pressure changes
2. Relationships
 - Ventilation
 - a. $V_E = \dot{V}_I + V_R$
 - b. $V_E = V_I + V_R$
 - Partial Pressure
 - a. $PO_2 = Atmospheric Pressure - Q_c \times Pa$

Answer Guide For Exercise Physiology

Ted Eaves



Answer Guide For Exercise Physiology:

Practical Guide to Exercise Physiology Robert Murray, W. Larry Kenney, 2021 Practical Guide to Exercise Physiology Second Edition describes the physiological processes responsible for how the body responds and adapts to physical activity enabling fitness professionals to design effective exercise programs and explain to clients how these will help them achieve their goals

Laboratory Manual for Exercise Physiology G. Gregory Haff, Charles Dumke, 2018-03-13 Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings Written by experts G Gregory Haff and Charles Dumke the text builds upon the success of the first edition with full color images and the addition of several new interactive lab activities in the web study guide The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities Each laboratory chapter provides a complete lesson including objectives definitions of key terms and background information that sets the stage for learning Each lab activity supplies step by step procedures providing guidance for those new to lab settings so that they may complete the procedures New features in this edition include the following An updated web study guide that contains 10 interactive lab activities to enhance student learning including video that helps simulate the experience of performing the labs in the real world A completely new laboratory chapter on high intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking running and cycling Full color printing throughout In addition Laboratory Manual for Exercise Physiology Second Edition is thoroughly updated offering the following New research and information pertaining to each laboratory topic Current standards and norms Case studies to illuminate laboratory concepts Answers to the case studies to facilitate student learning Question sets to help students better understand laboratory concepts A lab activity finder that makes it easy to locate specific tests The web study guide for students provides lab activities with an enhanced learning experience Through this portal students and instructors can access electronic versions of individual data sheets group data sheets question sets case studies and their answers and 10 interactive lab activities Instructors also receive access to an image bank which includes most of the figures tables and photos from the book Organized in a logical progression the text builds upon the knowledge students acquire as they advance Furthermore the text provides multiple lab activities and includes an equipment list at the beginning of each activity allowing instructors flexibility in choosing the lab activities that will best work in their facility Laboratory Manual for Exercise Physiology Second Edition With Web Study Guide exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings As such the text serves as a high quality resource for basic laboratory testing procedures used in assessing human performance health and wellness

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Medicine,2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided **Exercise Physiology** William J. Kraemer,Steven J. Fleck,Michael R. Deschenes,2025-01-03 Gain the scientific knowledge and practical decision making skills you need to excel in the strength conditioning clinical exercise physiology and health related professions with Exercise Physiology Integrating Theory and Application 4th Edition This accessible and engaging text helps you connect theory to practice offering a thorough understanding of how the body adapts to exercise and environmental stresses and how physiology helps in making informed real world decisions This new edition reflects new research and evidence in the field effectively preparing you for the diverse case scenarios most often seen by personal trainers strength coaches fitness instructors athletic trainers and other health professionals Exercise Physiology for Health Fitness and Performance Sharon A. Plowman,Denise L. Smith,2013-02-25 Updated for its Fourth Edition with increased art and photos this undergraduate exercise physiology textbook integrates basic exercise physiology with research studies to stimulate learning allowing readers to apply principles in the widest variety of exercise and sport science careers The book has comprehensive coverage including integrated material on special populations and a flexible organization of independent units so instructors can teach according to their preferred approach Each unit is designed with a consistent and comprehensive sequence of presentation basic anatomy and physiology the measurement and meaning of variables important to understanding exercise physiology exercise responses training principles and special applications problems and considerations Plowman Smith provides a consistently organized comprehensive approach to Exercise Physiology with excellent supporting ancillary materials Its ability to relate up to date research to key concepts and integrate special populations makes this book ideal for classroom use *Exercise Physiology* John Porcari,Cedric Bryant,Fabio Comana,2015-02-25 Learn how to apply the science of exercise physiology to your exercise programs and to solve the problems you'll encounter every day in practice You'll explore the principles of movement on which exercise is based while you develop the confidence you need to create individualized exercise programs based on current lifestyles schedules and abilities and properly progress those fitness programs through the stages of the ACE IFT training model **BTEC National Sport and Exercise Science Student Book** Adam Gledhill,2007-07 Suitable for BTEC National Sport and Exercise Sciences to match Edexcel's 2007 specification this book covers the curriculum in manageable chunks that link to the specification headings so that students can be confident that they have covered the underpinning theory they need It features a full colour format **Exercise Physiology** Stanley P. Brown,Wayne C. Miller,Jane M. Eason,2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice

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Lab Reports and Projects in Sport and Exercise Science Mike Price,2014-05-22 Lab Reports and Projects in Sport and Exercise Science A guide for students provides a comprehensive overview of what should be contained within each section of a scientific report and clearly explains how it should be presented Written in a friendly and engaging style it guides the reader through abstracts literature reviews methodology reporting discussions and referencing and contains a wealth of examples and practical advice on how to improve and refine your own writing From writing a first lab report to preparing a final year dissertation or postgraduate thesis sports and exercise science students at all levels will find this book a valuable resource in developing both skill and confidence in scientific communication Key features The layout of the book is designed to reflect that of a typical scientific report to help students plan their own projects Each chapter includes numerous examples exercises and activities to engage students and develop skills in each aspect of report writing Includes discussion of critical appraisal techniques to help students refine their research questions All data sets and illustrations used are drawn from the key disciplines in sport and exercise science including physiology psychology and biomechanics

Clinical Exercise Physiology Linda M. LeMura,Serge P. Von Duvillard,2004 This text will focus on the underlying causes of various disease states the manifestation of symptoms the use of exercise as a diagnostic tool the utility of exercise as a rehabilitative vehicle and the use of exercise to monitor and evaluate clinical progress The book will describe the new developments in clinical research and technology associated with diagnoses and treatment as well as the techniques and methods of exercise prescription and subsequent evaluation and progress With both national and international experts contributing chapters in their respective fields this book s strength is in its broad based appeal its utility as a textbook and as a reference text and its well balanced approach to medicine applied physiology and pathology Compatibility BlackBerry R OS 4 1 or Higher iPhone iPod Touch 2 0 or Higher Palm OS 3 5 or higher Palm Pre Classic Symbian S60 3rd edition Nokia Windows Mobile TM Pocket PC all versions Windows Mobile Smartphone Windows 98SE 2000 ME XP Vista Tablet PC

Introduction to Exercise Science Duane V. Knudson,2024 This book provides readers with an overview of the major subdisciplines of exercise science introduces readers to the basics of quantitative research in these subdisciplines and illustrates how interdisciplinary collaboration and applied research in exercise science related professions contributes to the performance and health of all people

Exercise Physiology for Health, Fitness, and Performance Sharon Plowman,Denise Smith,2007-06-01 This textbook integrates basic exercise physiology with research studies to stimulate learning allowing readers to apply principles in the widest variety of exercise and sport science careers It combines basic exercise physiology with special applications and

contains flexible organisation of independent units *Action Plan for Osteoporosis* Kerri Winters-Stone, American College of Sports Medicine, 2005 This exercise based plan allows you to take an active role in improving the health of your musculoskeletal system and is a more effective way to manage the condition than dietary changes or medications alone Learn how to assess your risk level and then choose the best exercises to boost bone health muscle strength mobility and balance book cover **Action Plan for High Blood Pressure** Jon G. Divine, American College of Sports Medicine, 2005-10-12 Lower blood pressure boost energy and reduce or eliminate the need for medication with Action Plan for High Blood Pressure Based on proven research this exercise based plan will help you take control of your diet and your health Learn the best exercises for controlling blood pressure correct exercise technique and how diet medication and exercise interact to affect blood pressure Use one of the sample programs provided or tailor a program to your own needs with workouts to gain strength flexibility and stamina Developed in conjunction with the American College of Sports Medicine Action Plan for High Blood Pressure is the healthy way to manage hypertension Take action now to feel and function better and add quality years to your life **Fitness After 50** Walter H. Ettinger, Walter Ettinger, Brenda S. Wright, Steven N. Blair, 2006 It s never too late to get fit Fitness After 50 shows you exactly how to get there addressing all of your questions about exercise and more Whether you are completely new to exercise or are looking to fine tune your existing program this information rich book will show you how to get started stay on track and have fun as you meet your fitness goals This easy to understand manual also serves as a self paced workbook which teaches you what to ask your doctor about physical activity how to exercise safely and how to fit activity into your busy schedule If you have an existing medical condition such as heart disease osteoporosis or diabetes you will also find ways to adapt your activity level to your condition Sample aerobic muscular fitness and combination programs are provided along with lifestyle strategies for fitting activity into your daily routine Fitness After 50 offers reliable advice you can trust Authors Walter Ettinger Brenda Wright and Steven Blair are among the most highly regarded experts in the field of physical activity and health And since all of them are over 50 they understand your needs and concerns firsthand Easy to use and full of more than 50 forms lists and other learning tools Fitness After 50 is the one stop source for fitness information that you ll reach for again and again **Get Fit, Stay Fit** William E Prentice, 2015-11-03 Learn how to take control of your own well being You ll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan You ll also explore the roles of stress management sleep and nutrition in achieving your goals Walking for Fitness Marnie Caron, 2009-07-01 This book is a step by step guide to get you started and offers good advice on everything from the right shoes and diet to staying motivated Good Times Magazine Includes tips and walking programs by Olympian Lynn Kanuka Walking is the most popular physical activity in North America and for good reason it can be done by people of all ages and all levels of physical ability the risk of injury is low and it doesn t require a carload of expensive equipment Best of all brisk walking for just 30 minutes

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Toronto Star *The Practical Guide to Athletic Training* Ted Eaves,2011-01-28 This text is a practical introduction to athletic training grounded in real world everyday sports settings and an ideal guide for giving trainers the knowledge they need to be successful in an athletic setting Instead of overwhelming the reader with details on all injuries and illnesses this guide details common injuries and outlines special tests and rehab protocols that should be utilized to address those injuries Readers will learn the various injuries an athlete may incur the appropriate treatment and protocols to improve the athlete s ability to return to play safely and the healing process associated with the specific injury The text has an easy to follow format concentrating on injuries for each major region of the lower body and then focusing on the upper body and its common injuries Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

Physiology of Sport and Exercise 6th Edition Kenney, W. Larry,Wilmore, Jack,Costill, David,2015-03-30 Physiology of Sport and Exercise Sixth Edition frames research findings in physiology in a reader friendly format making this textbook a favorite of instructors and students alike This resource offers a simple way for students to develop an understanding of the body s abilities to perform various types and intensities of exercise and sport to adapt to stressful situations and to improve its physiological capacities

Genetics Primer for Exercise Science and Health Stephen M. Roth,2007 The text maintains a practical focus while providing updates on current research findings and exploring how genetics may affect clinical practice and sport performance training

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