



Sport Exercise and Environmental Physiology, 1e

Thomas Reilly BA DipPE MSc PhD DSc DHC FIBiol FErgS, Jim Waterhouse BA(Oxon) DPhil(Oxon)

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This thorough book collates the relationships between exercise and the environment into one efficient volume. The aim of this text is to provide a comprehensive coverage of the environmental influences that impact the individual when exercising or competing in sport. The main environmental factors are considered, and the physiological reactions to discrete environmental stresses are described and methods of adaptation or coping are explained.

- Evidence-based information and highly respected references dominates the text, lending credibility to the material.
- The coverage maintains strong focus throughout, placing constant emphasis on the physics and physiology of the environmental stress.
- Helpful information on the impact on the individual doing activity offers other important information, necessary to real-world practice.
- The issues of acclimatization are addressed before recommendations, helping practitioners to cope with common issues.

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