

## **Sport and Exercise Physiology Testing**

### **Volume one: Sport Testing**

### **Volume two: Exercise and Clinical Testing**

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**Subjects:** Physiological testing in exercise and sports, clinical testing

**DESCRIPTION:** The objective of the book is to discuss the theoretical and practical aspects of physiological testing in exercise and sports which is essential to evaluate and monitor developing exercise performance for athletes and public health, and improving quality of life for patients.

A board of leading sport and exercise physiologists and scientists are gathered to discuss physiological assessments that have proven validity and reliability, both in sport and health relevant issues. Incidentally, it updates the reader about the current subjects of physiological exertion testing in both research and clinical procedures. Both volumes individually cover the increasing number of available research and review publications, and theoretical explanations are supported by practical examples. A step-by-step and/or checklist method is used in appropriate sections which make the guides more user-friendly than most.

**PURPOSE:** The first volume is designed to help readers develop an understanding of the essential concepts of sport specific testing whereas the second volume aims at making the exercise and clinical specific testing comprehensible, dealing with both technical terms and the theories underlying the importance of these tests.

**FEATURES:** The first volume features immediate practical requirements particularly in sport testing. It is composed of five parts with detailed sub-sections in all of them. The topics of the parts are: i) general principles, ii) methodological issues, iii) general procedures, iv) sport specific procedures, v) special populations.

The second volume is also presented in five parts, again with sub-sections in all of them, but considering the requirements in clinical and exercise testing in this one. The parts are same except the fourth one: i) general principles, ii) methodological issues, iii) general procedures, iv) clinical exercise physiology, v) special populations.

**AUDIENCE:** As Guidelines books of the British Association of Sport and Exercise Sciences, it will be of interest to a wide range of students, researchers and practitioners in the sport and exercise disciplines whether they work in the laboratory or in the field.

**ASSESSMENT:** It is safe to say that both volumes represent an essential source for sport-specific and clinical exercise testing in both research and applied settings, since the editorial and author team have produced a set of guidelines that reflect the latest knowledge and premium expertise in the field of physiological assessment. The guidelines, therefore, will be very helpful for sport and exercise physiologists as well clinicians who would like to run research in this area.

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