©Journal of Sports Science and Medicine (2008) **7,** 569
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Book review

Thermoregulation and Human Performance: Physiological and Biological Aspects
Vol 53 (Medicine & Sport Science)

Editor: Frank E Marino
Bibliographic Data: ISBN-10: 3805586485, ISBN-13: 978-3805586481; S Karger AG, Basel, Switzerland, 2008; £85.00, 134 pages, hardcover
Subjects: Thermal medicine, exercise physiology and human performance

DESCRIPTION: This collection on the latest interpretation of research data about the relationship between thermoregulation, exercise performance and fatigue is published as the 53rd volume of Medicine and Sport Science Journal.

PURPOSE: The book aims to explain how the advances in technology and methodology allowed studying the affects of the changing body temperature on metabolism and the role played by the nervous system in shaping human performance under challenging thermal situations.

FEATURES: This publication provides different interpretations of recent research for a better understanding of the limitations of thermoregulation in nine titles. The presented titles are: The Evolutionary Basis of Thermoregulation and Exercise Performance; Comparative Thermoregulation and the Quest for Athletic Supremacy; Thermoregulation, Fatigue and Exercise Modality; Neuromuscular Response to Exercise Heat Stress; Intestinal Barrier Dysfunction, Endotoxemia and Gastrointestinal Symptoms: The 'Canary in the Coal Mine' during Exercise-Heat Stress?; Effects of Peripheral Cooling on Characteristics of Local Muscle; Cooling Interventions for the Protection and Recovery of Exercise Performance from Exercise-Induced Heat Stress; Ethnicity and Temperature Regulation; Exercise Heat Stress and Metabolism. The evidence for the human's ability to adjust their performance according to the thermal limits in order to preserve cellular homeostasis is particularly noteworthy.

AUDIENCE: This is a fundamental book for any students and/or researchers involved in the fields of medicine, exercise physiology and human performance with special reference to thermal regulation.

ASSESMENT: This publication is a must-read text for all those working in thermal medicine, exercise physiology and human performance fields.

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