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Biochemistry Primer for Exercise Science (Primers in Exercise Science)

Michael Houston

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The latest edition of *Biochemistry Primer for Exercise Science* provides upper-level undergraduate and graduate students with an understanding of the essential concepts of biochemistry—molecular biology, basic chemistry, metabolism, and transcription regulation—in 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 concepts.
In addition, each chapter addresses the newest, most sophisticated information, discusses future research directions, and contains key points to reinforce understanding. The book also provides a list of abbreviations, conveniently located on the inside front cover, to help the reader become familiar with commonly used biochemistry terms; chapter summaries; a glossary; and a comprehensive reference list to help students absorb and apply the content.

This new edition fully integrates the concepts of biochemistry and physiology of exercise and provides critical information on how genes are controlled. In doing so, it melds the fields of human nutrition, physiology, and biochemistry into a more unifying science, and it presents students with the biochemistry content they need in order to understand the molecular aspects of human physical activity. The text helps prepare students for what lies ahead, and it is a great tool for professionals in related fields who want to learn about the biochemistry of exercise.

Each volume in Human Kinetics' Primers in Exercise Science Series provides students and professionals alike with a non-intimidating basic understanding of the science behind each topic in the series, and where appropriate, how that science is applied. These books are written by leading researchers and teachers in their respective areas of expertise to present in an easy-to-understand manner essential concepts in dynamic, complex areas of scientific knowledge. The books in the series are ideal for researchers and professionals that need to obtain background in an unfamiliar scientific area or as an accessible basic reference for those that will be returning to the material often.

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