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Energy demands during a judo match and recovery

Sexual dimorphism is apparent in several physiological variables underpinning youth sport performance. As young people mature there is a progressive but asynchronous transition into an adult metabolic ...

Muscle metabolism changes with age and maturation: How do they relate to youth sport performance?

We enrolled 50 overweight or obese patients without diabetes in a 10-week weight-loss program for which a very-low-energy diet was ... weight loss on hormone profiles. Meal replacements were ...

Long-Term Persistence of Hormonal Adaptations to Weight Loss

If they wanted significantly better sex, they knew it would require a commitment of energy and effort ... or find a new one — for help with any physiological impediments to sex.

The Joys (and Challenges) of Sex After 70

Prof. Steve Armes obtained his BSc degree in Chemistry from the University of Bristol in 1983 and received his PhD degree from the same institution in 1987. After a postdoctoral fellowship at Los ...

Professor Steven P. Armes, FRS

Matt is an alumnus of the department, having completed a Masters degree here in 1996 and a PhD in 2000. He became a lecturer in the Department in 2001 and was promoted to Senior Lecturer in 2009, ...

Professor Matt Carré

Stucky, Brian D. and Pereira, Claudia C. A. 2012. Henrica C. W. de Vet, Caroline B. Terwee, Lidwine B. Mokkink, and Dirk L. Knol: Measurement in medicine: a practical ...

Measurement in Medicine

Katherine L. Tucker is a Professor of Nutritional Epidemiology in the Department of Biomedical and Nutritional Sciences and Director of the Center for Population Health at UMass Lowell. She is ...

UMass Center for Digital Health

The Multimodal Functional Imaging Laboratory, directed by Dr. Christophe Grova, is a multidisciplinary team composed of neurologists and methodologists. The laboratory is actually based on two sites: ...

Grova Research Group

Dr. Biga’s research interests also focus on the endocrine regulation of growth biology, with particular focus on the GH-IGF system in relation to myostatin control of cell proliferation, cell ...

Peggy Biga

Also known as weight-loss surgery, bariatric procedures work by changing the anatomy of the patient’s digestive system or by causing different physiological changes to the patient’s energy ...

Northern Hills **briefs**

“Combine these physiological reactions with the receiver’s linguistic understanding of what the word ‘cwtch’ implies and that’s a potent mix for strong social bonding. No wonder the ...

How to embrace Welsh word ‘cwtch’ on your next holiday

PARIS, January 06, 2022--(BUSINESS WIRE)--Regulatory News: CARMAT (FR0010907956, ALCAR) (Paris:ALCAR), the designer and developer of the world’s most advanced total artificial heart, aiming to ...

CARMAT: 2022 Financial Calendar

We enrolled 50 overweight or obese patients without diabetes in a 10-week weight-loss program for which a very-low-energy diet was ... weight loss on hormone profiles. Meal replacements were ...

This book provides a critical and selective review of lichen physiological ecology.

In this book an international group of sports scientists examine the major sports and the physiological demands of each.

This publication contains information on the expert consultation which took place in October 2001 in Rome, Italy, organised by the FAO in conjunction with the WHO and the United Nations University, to consider human energy requirements of populations throughout the life cycle and to make dietary energy recommendations. The report includes a CD-ROM with software and instruction manual on calculating population energy requirements and food needs.

Every year, countless juvenile Pacific salmon leave streams and rivers on their migration to feeding grounds in the North Pacific Ocean and the Bering Sea. After periods ranging from a few months to several years, adult salmon enter rivers along the coasts of Asia and North America to spawn and complete their life cycle. Within this general outline, various life history patterns, both among and within species, involve diverse ways of exploiting freshwater, estuarine, and marine habitats. There are seven species of Pacific salmon. Five (coho, chinook chum, pink, and sockeye) occur in both North America and Asia. Their complex life histories and spectacular migrations have long fascinated biologists and amateurs alike. Physiological Ecology of Pacific Salmon provides comprehensive reviews by leading researchers of the physiological adaptations that allow Pacific Salmon to sustain themselves in the diverse environments in which they live. It begins with an analysis of energy expenditure and continues with reviews of locomotion, growth, feeding, and nutrition. Subsequent chapters deal with osmotic adjustments enabling the passage between fresh and salt water, nitrogen excretion and regulation of acid-base balance, circulation and gas transfer, and finally, responses to stress. This thorough and authoritative volume will be a valuable reference for students and researchers of biology and fisheries science as they seek to understand the environmental requirements for the perpetuation of these unique and valuable species.

The third edition of Nutrition in Exercise and Sport has been updated and expanded to include the latest developments in the field. This third edition of a bestseller among sports nutrition and health professionals now fully discusses the role of exercise and nutrition in both wellness and in disease prevention. In addition, new chapters on the history of sports nutrition, antioxidants, vegetarianism, the young athlete, the older athlete, the diabetic athlete, the physically disabled athlete, sports specific nutrient requirements, and body composition changes have been added. Top sports nutrition practitioners and exercise scientists have contributed chapters that provide practical nutritional guidelines for those engaged in various types of physical performance. This book is a one-volume library on sports nutrition for research scientists in applied sports nutrition, dietitians, exercise physiologists, sports medicine physicians, coaches, trainers, athletes, and nutritionists. The first two editions of this book have been widely used in sports nutrition courses. Nutrition in Exercise and Sport is the standard in the field.

This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature. The impact of caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief review of some alternatives to caffeine is also provided.

Sport and exercise physiologists are called upon to carry out physiological assessments that have proven validity and reliability, both in sport-specific and health-related contexts. A wide variety of test protocols have been developed and refined. This book is a comprehensive guide to these protocols and to the key issues relating to physiological testing. Volume I covers sport-specific testing, and Volume II covers clinical and exercise specific testing. With contributions from leading specialist sport, exercise and clinical physiologists, and covering a wide range of mainstream sports, special populations, and ethical, practical and methodological issues, these volumes represent an essential resource for sport-specific and clinical exercise testing in both research and applied settings. Visit the companion website at www.routledgesport.com/bases

The hypothalamic-pituitary-adrenal axis controls reactions to stress and regulates various body processes such as digestion, the immune system, mood and sexuality, and energy usage. This volume focuses on the role it plays in the immune system and provides substantive experimental and clinical data to support current understanding in the field, and potential applications of this knowledge in the treatment of disease. * Evidence presented in this book suggests that the nervous, endocrine, and immune systems form the Neuroendocrine Immune Supersystem, which integrates all the biological functions of higher organisms both in health and disease for their entire life cycle. * Contributors include both the scientists who initiated the work on the HPA axis and on the autonomic nervous system, and those who joined the field later.