

## Exercise Physiology Mcardle

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### Exercise Physiology Mcardle

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This book by McArdle et al is essential reading for those studying fairly basic to moderately advanced exercise physiology. For those who want something a little easier to read, I would start with "Exercise Physiology" by Sharon Plowman and Denise Smith 3 Ed. ( Exercise Physiology for Health, Fitness, and Performance also available on Amazon. For more advanced "stuff", I would also recommend "ACSM's Advanced Exercise Physiology".

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McArdle disease (glycogen storage disease Type V; MD) is a myopathy caused by genetic defects in myophosphorylase, the skeletal muscle isoform of the enzyme glycogen phosphorylase. The first case was described in 1951 by Brian McArdle [ 1 ].

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Book Overview 2002 BMA Book Competition Award Winner Exercise Physiology, 5/e received First Prize in the Medicine Category of the 2002 BMA Book Competition. Make sure your students get the power and authority of McArdle, Katch and Katch, world class specialists in exercise, energy and nutrition in this new edition of Exercise Physiology.

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