



Fatigue in Sport and Exercise

By Shaun Phillips

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Fatigue in Sport and Exercise By Shaun Phillips

Fatigue is an important concern for all athletes, sportspeople and coaches, and in clinical exercise science. There remains considerable debate about the definition of fatigue, what causes it, what its impact is during different forms of exercise, and what the best methods are to combat fatigue and improve performance. This is the first student-focused book to survey the contemporary research evidence into exercise-induced fatigue and to discuss how knowledge of fatigue can be applied in sport and exercise contexts.

The book examines the different 'types' of fatigue and the difficulties of identifying which types are prevalent during different types of exercise, including a discussion of the most important methods for measuring fatigue. It introduces the fundamental science of fatigue, focussing predominantly on covering physiological aspects, and explores key topics in detail, such as energy depletion, lactic acid, dehydration, electrolytes and minerals, and the perception of fatigue. Every chapter includes real case studies from sport and exercise, as well as useful features to aid learning and understanding, such as definitions of key terms, guides to further reading, discussion questions, and principles for training and applied practice. *Fatigue in Sport and Exercise* is an invaluable companion for any degree-level course in sport and exercise physiology, fitness and training, or strength and conditioning.

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Editorial Review

Review

"Geared for students in exercise physiology, this book is a thorough compendium on the plausible etiology and the broad evidence to date on exercise-related fatigue. This work would be a great supplement to advanced physiology curricula. Its ability to successfully home in on gaps in the current evidence makes it a valuable resource for libraries supporting undergraduate and graduate research programs in exercise and sports science. Summing Up: Highly recommended. Upper-division undergraduates and graduate students." -E. S. Lensch, *Mayo Clinic Health System - Decorah at Winneshiek Medical Center, CHOICE Reviews, February 2016*

"Fatigue in Sport and Exercise, is the first book of its kind. Shaun synthesized a great deal of fatigue research into a go-to resource for those in the sport and exercise physiology field... I would recommend Fatigue in Sport and Exercise to all those working with an athletic population."? Matt Wentzell, *Journal of the Canadian Chiropractic Association*

About the Author

Shaun Phillips is Lecturer in Sport, Physical Education, and Health Sciences (Sports Physiology) at the University of Edinburgh, Scotland. His research interests include perceptual- and self-regulation of exercise performance, fatigue mechanisms in short-duration and endurance exercise, and the impact of novel exercise interventions in individuals with mental health issues. Shaun is an invited reviewer for a number of international peer-reviewed journals, and has provided research and consultancy services for elite and professional sport and health organisations, including the FIA Young Driver Excellence Academy, Heart of Midlothian Football Club, the Scottish Institute of Sport, and the National Health Service

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