

Foreward

This text is a welcome new addition to some vintage resources that have not addressed the needs of present-day students and professionals. The author of this book **Ms. S. Archana Mani Malathi**, aspiring Physical Educationist possess ten years of teaching experience in the university has methodically incorporated the contemporary aspects of Exercise Physiology, The book titled **“Introduction to Exercise Physiology”** is designed for the Physical Education Students to enrich knowledge in the field of Exercise Physiology. Its primary purpose is to clarify the latest information in the field. The purpose of this book is to make explicit the various aspects that are inherent in Exercise Physiology, and to offer the reader some tools to deal with them.

The book has six-section structure. The first is focused on showing the context of history and scope of exercise physiology. The second defines the structure and functions. The third contains the effects of exercises in which the PE trainees can be properly implemented. The fourth chapter describes the human performance and importance of exercises. The fifth focused on ergonomics and postures. Finally, the sixth chapter defines diet and performances.

All of this combined will truly capture the interest of the exercise physiology student and hopefully inspire her or him to read and learn with a passion to understand.

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