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Biochemical Basis of Sports Performance

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A superb introduction for students, coaches, and athletes

Some understanding of the biochemistry of exercise is fundamental to any study of the factors that contribute to sports performance. It is the physical, chemical and biochemical properties of cells and tissues that determine the physiological responses to exercise, and yet the teaching of exercise biochemistry is poorly developed compared with exercise physiology. Where the subject is taught at all, the student often finds the approach somewhat daunting, with its focus on thermodynamics, chemical structures and metabolic pathways.

The aim of this book is to introduce the student of sports science or exercise physiology to the biochemical processes that underpin exercise performance and the adaptations that occur with training. The focus is on skeletal muscle metabolism and the provision of energy for working muscles.

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