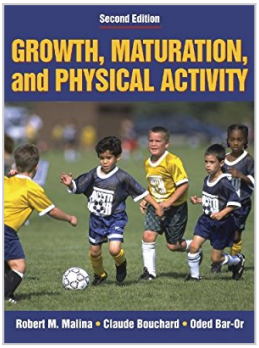
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Growth, Maturation & Physical Activity - 2E

By Robert Malina, Claude Bouchard, Oded Bar-Or

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The second edition of *Growth, Maturation, and Physical Activity* has been expanded with almost 300 new pages of material, making it the most comprehensive text on the biological growth, maturation, physical performance, and physical activity of children and adolescents. The new edition retains all the best features of the original text, including the helpful outlines at the beginning of each chapter that allow students to review major concepts.

This edition features updates on basic content, expanded and modified chapters, and the latest research findings to meet the needs of upper undergraduate and graduate students as well as researchers and professionals working with children and young adults. The second edition also includes these new features:

-10 lab activities that encourage students to investigate subject matter outside of class and save teachers time

-A complete reference list at the end of each chapter

-Chapter-ending summaries to make the review process easy for students

-New chapters that contain updates on thermoregulation, methods for the assessment of physical activity, undernutrition, obesity, children with clinical conditions, and trends in growth and performance

-Discussions that span current problems in public health, such as the quantification of physical activity and energy expenditure, persistent undernutrition in developing countries, and the obesity epidemic in developed countries
The authors are three of the world's foremost authorities on children's growth and development. In 29 chapters, they address introductory concepts and prenatal growth, postnatal growth, functional development, biological maturation, influencing factors in growth, maturation and development, and specific applications to public health and sport. In addition, secular trends in growth,

maturation, and performance over the past 150 years are considered. You'll be able to recognize risk factors that may affect young athletes; you'll also be able to make informed decisions about appropriate physical activities, program delivery, and performance expectations.

Growth, Maturation, and Physical Activity, Second Edition, covers many additional topics, including new techniques for the assessment of body composition, the latest advances in the study of skeletal muscle, the human genome, the hormonal regulation of growth and maturation, clarification of dietary reference intakes, and the study of risk factors for several adult diseases.

This is the only text to focus on the biological growth and maturation process of children and adolescents as it relates to physical activity and performance. With over 300 new pages of material, this text expertly builds on the successful first edition.

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This book will be very useful for upper level undergraduate and graduate students as well as for researchers (in human biology, physical anthropology, exercise physiology, etc.) and professionals working with children and young adults (physical educators, health educators, nutritionists, etc.)
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