

## Book review

# OXYGEN UPTAKE KINETICS IN SPORT, EXERCISE AND MEDICINE

**Editors:** Andrew M. Jones and David C. Poole  
**Bibliographic Data:** ISBN: 0-415-30561-6 (pbk),  
Routledge, Taylor & Francis Books Lt, 2005, 402  
pages, \$46.77 (paperback).

**Subjects:** Pulmonary oxygen uptake in exercise and  
science.

**DESCRIPTION:** The objective of the book is to  
discuss the principal determinants of oxygen uptake  
dynamics which is essential to developing exercise  
performance and improving quality of life for  
patients, especially those with cardio-respiratory  
diseases.

A broad review of the current knowledge  
about this relatively less studied field is provided by  
this book. Incidentally, it updates the reader about  
how a person can use his/her aerobic energy system  
more effectively in order to fatigue gradually and be  
able to endure more physical activity. It also  
discusses the effects of exercise training in speeding  
up oxygen uptake kinetics, and the effects of ageing  
and a selection of conditions in slowing oxygen  
dynamics and declining exercise capacity.

**FEATURES:** This textbook is presented in the way  
of permitting the reader to use the book for  
immediate practical requirements. It is composed of  
four parts with sub-sections in three of them. The  
topics of the parts are: i) Introduction to  $VO_2$   
kinetics and historical development of the discipline,  
ii) Measurement and analysis of  $VO_2$  kinetics iii)  
Control of and limitations to  $VO_2$  kinetics iv)  
Applied  $VO_2$  kinetics for different populations.

**AUDIENCE:** The book provides a very useful  
resource for students, researchers and practitioners  
in the field of exercise and respiratory physiology, as  
well as for clinicians dealing with patients suffering  
from cardio-pulmonary diseases.

**ASSESSMENT:** This book is almost a compulsory  
reading for anyone interested in understanding

pulmonary oxygen uptake kinetics and for those  
wishing to run comprehensive research in this and  
relevant areas. The fact that the contributors are  
leading international researchers in this field makes  
this book more welcome.

**Reviewed by:** *Fadil Ozyene, MD, PhD, Uludag  
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Acquaintances