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Pollock: Fisiologia Clínica do Exercício (Portuguese Edition)

Vagner Raso, Julia Maria D'Andrea Greve, Marcos Doederlein Polito

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Pollock: Fisiologia Clínica do Exercício foi escrito em homenagem ao Professor Michael Pollock, pesquisador norte-americano pioneiro nas áreas de aptidão física e reabilitação cardíaca, que foi diretor de pesquisa do *Institute for Aerobics Research* (Dallas), diretor do Programa de Reabilitação Cardíaca e do Laboratório de Desempenho Humano no *Mount Sinai Medical Center* (Milwaukee) e diretor do Programa de Reabilitação Cardíaca, Medicina do Esporte e Desempenho Humano no *Travis Medical Center* (Houston).

A obra é dividida em 52 capítulos, organizados em sete seções:

• Fundamentos básicos para a prescrição de exercícios físicos

• Distúrbios cardiocirculatórios

• Distúrbios cognitivos, emocionais e sensoriais

• Distúrbios imunológicos

• Distúrbios metabólicos

• Distúrbios ósteo e neuromusculares

• Distúrbios pulmonares

Considerando a cultura da prática baseada em evidências, a obra contempla as mais importantes recomendações práticas das principais modalidades de exercícios físicos, não somente em termos de tipo, frequência, duração e intensidade, mas também com relação a fatores extrínsecos e intrínsecos na prescrição e monitorização do exercício físico de acordo com a condição ou doença.

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