**DESCRIPTION**

“...the most comprehensive adventure sport physiology book I am aware of; therefore, I recommend it wholeheartedly.” *The Sport and Exercise Scientist, March 2009*

This book provides students and professionals with a well-written, accessible introduction to the science underlying a variety of adventure sports. Written specifically for this increasingly popular field of study, the text has been divided into two parts: the first provides the foundations for adventure physiology, the second the specific physiological and environmental demands of a range of adventure sports including kayaking, canoeing, sailing, windsurfing, climbing, mountaineering and skiing.

Written by two adventure sports performers with extensive teaching and coaching experience, this book will prove invaluable to students taking courses in adventure and outdoor education and professional instructors involved in such activities. In addition, students of sport and exercise science and physical education will find this an excellent introduction to the physiological response to exercise.

- Clearly explains the basic physiological principles and applies them to a variety of land and water-based sports.

- In full colour throughout, the book includes numerous illustrations, together with key points and chapter summaries to reinforce learning.
Contains original pieces from elite and high-level athletes describing the physiological demands of their particular sport in a real-world context. These include London sports personality of the year Anna Hemmings, respected climbers Dave Macleod and Neil Gresham, and Olympic medallists Tim Brabants and Ben Ainslie.

Dedicated web site contains an original sample training programme and a set of adventure sport specific exercises.

ABOUT THE AUTHOR

Dr Nicholas Draper, Principal Lecturer, School of Physical Education, University of Chichester, UK
Nick has considerable teaching experience in both the UK and the US. He is a qualified coach in kayaking and mountaineering and for three years was the performance planner for the British judo team. Nick’s research interests include coaching and sports science support as they relate to the Adventure and Physical Education Domains.

Mr Christopher Hodgson, Senior Lecturer, School of Physical Education, University of Chichester, UK
Chris is a fully qualified member of the International Association of Ski Instructors, a British Canoe Union Level V Coach and has taught and led adventurous activity programmes in North America, Europe, Africa and India. Chris’ research interests include human performance during environmentally induced stress, the enhancement of adventure sports performance and the experience of adventure activities.

FEATURES

• An accessible, applied introduction to adventure physiology.

• Presents the basics of the theory applied to a wide variety of land and water based adventure sports.

• Excellent pedagogy including: learning objectives, problems and objective tests in each chapter.

For additional product details, please visit https://www.wiley.com/en-us