

## **Exercise Physiology Theory And Application To Fitness And Performance**

Learning theories 101: application to -  
PhysiologyMysteries of Exercise - The  
University of New MexicoBing: Exercise  
Physiology Theory And ApplicationMuscle  
Fatigue: Lactic Acid or Inorganic -  
PhysiologyExercise Physiology Theory And  
Application

### **Learning theories 101: application to - Physiology**

Social cognitive theory is useful in  
understanding classroom management,  
socialization, and recognizing how strategic  
use of interactions with one learner can  
influence the behavior of other learners. It  
is also a highly useful theory when teaching  
a skill, especially using the process of  
attention, retention, motivation, and  
reproduction.

### **Mysteries of Exercise - The University of New Mexico**

Exercise physiology: theory and application  
to fitness and performance. Dubuque, IA:  
William C. Brown, 1990. Wilmore JH, Costill

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DL. Physiology of sport and exercise.

Champaign, IL: Human Kinetics, 1994.

Physiologic Responses to Episodes of Exercise

The body's physiologic responses to episodes of aerobic and resistance exercise occur in the

## **Bing: Exercise Physiology Theory And Application**

At present, the hypothesis that exercise-produced endorphins result in mood alteration remains plausible, but not satisfactorily demonstrated in the literature. Allen's (1983) "detoxification" theory is another credible explanation. With this theory, it is hypothesized that exercise "detoxifies," or gets rid of the stress-related hormones quickly.

## **Muscle Fatigue: Lactic Acid or Inorganic - Physiology**

Acidification has been considered to be an important factor behind the reduced shortening speed in fatigue. However, using skinned rabbit muscle fibers, Pate and colleagues showed that acidification has little effect on the shortening speed at 30°C. Similarly, in intact mouse muscle fibers, the maximum shortening velocity was reduced by ~20% at 12°C, whereas there was no significant reduction

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