Equine Exercise Physiology

Description: Equine exercise physiology is an area that has been subject to major scientific advances over the last 30 years, largely due to the increased availability of high-speed treadmills and techniques for recording physiological function during exercise. Despite the scientific advances, many riders and trainers are still using little more than experience and intuition to train their horses.

The aim of this book is to sort the fact from the fiction for the benefit of those involved in training, managing or working with horses, and to provide an up-to-date summary of the state of play in equine exercise physiology. Scientific theories are explained from first principles, with the assumption that the reader has no previous scientific background. The book is designed to save competitors and trainers a lot of time and effort trying to extract information in piecemeal fashion from a host of reference sources. For the first time, everything you need to know about exercising and training horses is here in one text.

Key features:

- The first book to be aimed specifically at equine science/studies degree students
- Will also be useful to veterinary students
- A manual-type approach makes this book portable and easy to use

Contents:

Foreword.

Acknowledgements.

Part I The Raw Materials.

1 Introduction.

2 Energetics of exercise.

3 Muscles.

4 Connective tissue.

5 The respiratory system.

6 The cardiovascular system.

Part II Exercise and Training Responses.

7 Muscular responses.

8 Skeletal responses.

9 Respiratory responses.

10 Cardiovascular responses.

11 Aspects of physiological stress and fatigue.

12 Thermoregulation.

13 Introduction to biomechanics.

Part III Applications of Exercise Physiology.
14 The demands of equestrian sport.
15 Training principles.
16 Training facilities.
17 Practical training.
18 Exercise testing.
19 Indicators of performance.
20 Feeding performance horses.
21 Transport.

References.

Further reading.

Index.


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