

Index of Exercise Physiology

EFFECTS ON CARDIOVASCULAR SYSTEM, 421–24

Atrial pumping (atrial fibrillation), 384
Cardiac output (increases), 385, 421–24, 421*f*–22*f*, 423*t*, 424*f*
 Distribution during exercise, 421, 421*f*
Control mechanisms, 422*f*, 423
Coronary blood flow (increases), 421, 421*f*
Gastrointestinal blood flow (decreases), 421, 421*f*
Heart attacks (protective against), 429
Heart rate (increases), 422–23, 422*f*, 423*t*, 424*f*
Lymph flow (increases), 408
Maximal oxygen consumption (increases), 424, 424*f*
Mean arterial pressure (increases), 412, 421–23, 422*f*, 423*t*
Renal blood flow (decreases), 366, 421, 421*f*
Skeletal muscle blood flow (increases), 277, 396, 412, 421, 421*f*, 422–23
Skin blood flow (increases), 421*f*
Stroke volume (increases), 422–23, 422*f*, 423*t*, 424*f*
Summary, 430
Venous return (increases), 422–23
 Role of respiratory pump, 406–7, 422*f*, 424
 Role of skeletal muscle pump, 406–7, 422*f*, 424

EFFECTS ON ORGANIC METABOLISM, 583–84

Cortisol secretion (increases), 583–84
Diabetes mellitus (protects against), 600
Epinephrine secretion (increases), 583
Fuel homeostasis, 580–582
Fuel source, 80, 83, 276, 581
Glucagon secretion (increases), 582–83, 582*f*
Glucose mobilization from liver (increases), 581–82
Glucose uptake by muscle (increases), 276, 580–82, 582*f*
Growth hormone secretion (increases), 584
Insulin secretion (decreases), 580–82, 582*f*
Metabolic rate (increases), 585
Plasma glucose changes, 276, 580–82, 582*f*
Plasma lactic acid (increases), 276, 476
Sympathetic nervous system activity (increases), 582

EFFECTS ON RESPIRATION, 477, 478

Airflow (increases), 446
Alveolar gas pressures (no change in moderate exercise), 463, 477, 478*f*
Capillary diffusion, 464
Control of respiration in exercise, 471–77, 478*f*
Oxygen debt, 276

Ventilation (increases), 477, 478*f*
 Breathing depth (increases), 276, 460
 Expiration, 453, 472*f*
 Respiratory rate (increases), 460, 473
 Role of Hering-Breuer reflex, 473

EFFECTS ON SKELETAL MUSCLE

Adaptation to exercise, 280–282
Arterioles (dilate), 412, 421–23, 422*f*
Changes with aging, 281
Cramps, 283
Fatigue, 276, 276*f*
Glucose uptake and utilization (increase), 276, 582–83, 582*f*
Hypertrophy, 259, 280
Local blood flow (increases), 277, 396, 412, 421–22, 421*f*
Local metabolic rate (increases), 585
Local temperature (increases), 296–97, 421
Nutrient utilization, 276, 580–82
Oxygen extraction from blood (increases), 467
Recruitment of motor units, 280
Soreness, 281
Summary, 285*t*–286*t*

OTHER EFFECTS

Aging, 281
Body temperature (increases), 74, 593, 593*f*
Central command fatigue, 276
Gastrointestinal blood flow (decreases), 421, 421*f*
Immune function, 679
Menstrual function, 633
Metabolic acidosis, 524*t*
Metabolic rate (increases), 585
Muscle fatigue, 276, 276*f*
Osteoporosis (protects against), 355
Stress, 344
Sweating, 515
Weight loss, 585, 600

TYPES OF EXERCISE

Aerobic, 280
Endurance exercise, 280–81, 424, 600
Long-distance running, 276, 281, 423, 423*t*, 477
Moderate exercise, 423, 478
Swimming, 423, 478
Weightlifting, 276, 280, 422