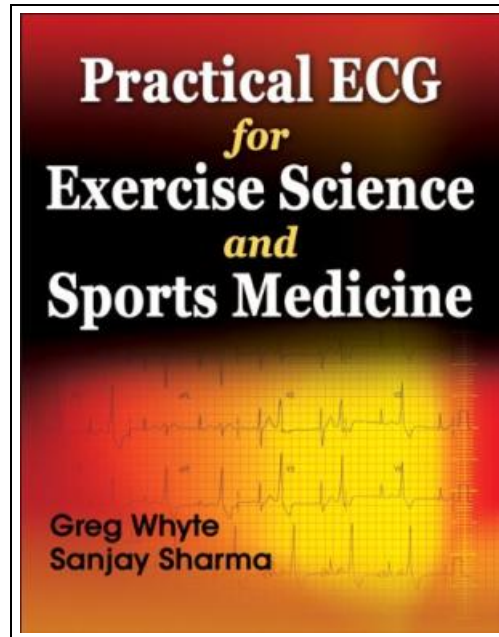


## Practical ECG for Exercise Science and Sports Medicine



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*(Erna Langosh)*

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Human Kinetics Publishers, United States, 2010. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book. An essential reference for students and practitioners working with exercise electrocardiograms (ECGs), *Practical ECG for Exercise Science and Sports Medicine* guides readers from theory to applied interpretation of normal and abnormal ECG traces. The text is based on the authors' clinical experience, published research, and over a decade of dedicated study on the interpretation of ECGs from clinical patients to elite athletes both at rest and during exercise. This resource offers clear protocols for ECGs with an emphasis on athletes. With over 70 ECG readouts to examine, readers can practice and refine their ECG interpretation skills and increase their understanding of heart conditions identifiable through ECG testing. Troubleshooting tips throughout the text provide quick solutions to problems that may occur during ECG testing, and detailed information on interpreting the ECGs is provided for numerous conditions that practitioners are likely to encounter in real-life practice. Divided into three parts, *Practical ECG for Exercise Science and Sports Medicine* begins with an overview of heart anatomy and function and a review of the methods for monitoring heart rate and function. Part II of the text describes the ECG in detail at rest and during exercise, with an emphasis on measurement and interpretation. In particular, chapter 4 examines normal and abnormal ECG findings with a detailed discussion of cardiac abnormalities. Each abnormality is accompanied by a sample ECG trace. Chapter 5 focuses on how the exercise ECG may be used as a tool in the identification of a variety of pathologies, including coronary artery disease and exercise-induced arrhythmias, and how the ECG can assist in the differentiation of pathologic and physiologic enlargement of the left ventricle. A special focus on the athlete s...



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