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Titolo	The active female : health issues throughout the lifespan // edited by Jacalyn J. Robert-McComb, Mimi Zumwalt, and Maria Fernandez-del-Valle
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ISBN	3-031-15485-1
Edizione	[Third edition.]
Descrizione fisica	1 online resource (621 pages)
Disciplina	613
Soggetti	Physical fitness for women Women - Nutrition Health promotion Women's Health Health Promotion Nutritional Physiological Phenomena Physical Fitness Women
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I: Unique Gender and Sex Related Psychological and Physiological Characteristics of Females -- Sex differences in musculoskeletal anatomy between males and females -- Body image concerns and unique psychophysiological stressors at marked life stages in females -- The psychology of female sport performance from a gender perspective -- Reproductive changes from puberty to menopause and the effects of the menstrual cycle on bone formation/bone loss -- The female athlete triad: Nutritional, physical, psychological stress and functional amenorrhea -- The physiology of anorexia nervosa and bulimia nervosa -- Exercise metabolism/thermoregulation, performance and the menstrual cycle -- Part II: Disordered Eating, Eating Disorders, and Evidence-Based Programs for Managing the Symptoms -- Health disparities and inequities in women's health -- Disordered eating/eating disorders: A global psychosocial perspective

-- Evidence-based disordered eating prevention programs including mindfulness eating for active females -- Breathing techniques for the active female to help alleviate pain caused by symptoms of dysmenorrhea -- Part III: Screening, Prevention, and Management of Health-Related Issues in Active Females -- Screening for excessive exercise, disordered eating, and menstrual dysfunction in the active female -- The importance of posture and muscular balance in the body for managing skeletal muscle injuries in active females -- Prevention and management of common musculoskeletal injuries in skeletally immature female athletes -- Prevention and management of common musculoskeletal injuries in the adult active female -- Prevention and management of common musculoskeletal injuries in the aging active female -- The management of osteoporosis through exercise -- Part IV: Nutrition, Energy Balance, and Energy Availability in Active Females -- Estimating energy requirements -- Energy requirements and nutritional guidelines for active children -- Dietary guidelines and energy needs for the adult active female: Determining energy and nutritional needs to ameliorate functional amenorrhea caused by energy imbalance -- Nutritional guidelines and energy needs during pregnancy/lactation -- Nutritional guidelines and energy needs for the aging active female -- Ergogenic aids/other supplements and the female athlete -- Part V: Exercise Guidelines and Precautions for Active Females throughout the Lifespan -- Screening for safe exercise participation and exercise guidelines for health-related fitness -- Cardiovascular exercise guidelines for active females throughout the lifespan including children, adolescents and the aging female -- Resistance training guidelines for active females throughout the lifespan including children, adolescents and the aging female -- Exercise guidelines during pregnancy -- Excessive exercise and immunity: The J-shaped curve -- Exercise recommendations for cancer in active females throughout the lifespan including children, adolescence and the aging female -- Part VI: The Obese Active Female -- The psychology of obesity and weight loss -- Exercise and nutritional guidelines for weight loss and weight maintenance in the obese female -- Exercise considerations for comorbidities associated with obesity such as polycystic ovary syndrome, diabetes and the metabolic syndrome -- Normal weight obesity.

Sommario/riassunto

Now in a revised and expanded third edition, the aims of *The Active Female* are threefold: first, to increase the awareness of wellness and fitness issues for active females and their family members; second, to provide an avenue for medical practitioners, allied health professionals, health educators/providers, and certified individuals in sports medicine/athletics to gain critical, updated knowledge of a field specific to active females; and third, to introduce the concept of obesity as a growing health concern even for normal weight individuals. Part I of the book offers a foundation for understanding the interrelationships between female physiology, body image and other psychological issues, the female reproductive cycle, and the musculoskeletal anatomy and physiology of females that makes their health risks and concerns unique. In Part II, the concepts of eating disorders from a global perspective and the health disparities and inequities in women's health are discussed in detail. Part III describes the prevention and management of common musculoskeletal injuries in active females across the lifespan, including the management of osteoporosis. Appropriate exercise and nutritional guidelines and recommendations for active females are discussed in detail in Parts IV and V. Part VI is a new addition to the book and highlights the obesity epidemic and co-morbid diseases associated with obesity even for

normal weight obese individuals. Each chapter is bookended by clear learning objectives and review questions for additional pedagogical appeal. An invaluable addition to the literature, *The Active Female: Health Issues throughout the Lifespan, 3e* will be of great interest to all clinicians and allied health care professionals concerned with women's health and related issues, from sports medicine and family practitioners to endocrinologists, gynecologists and orthopedic surgeons. .
