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Nota di contenuto	Chapter 1. Before Margaria: Mosso and Herlitzka -- Chapter 2. Margaria's Revolution: A Novel Energetic View of Muscular Contraction -- Chapter 3. Margaria's Concept of Oxygen Debt -- Chapter 4. Further Developments on Exercise Transients: Los Angeles Versus Milano -- Chapter 5. The Energetics and Biomechanics of Walking and Running -- Chapter 6. Cycling, Swimming and Other Forms of Locomotion on Land and in Water -- Chapter 7. Maximal Oxygen Consumption -- Chapter 8. Respiratory Mechanics -- Chapter 9. The Air–Blood Barrier -- Chapter 10. A School Goes to Altitude -- Chapter 11. A School Goes into Space -- Chapter 12. A School Goes into Depth.
Sommario/riassunto	This book sheds new light on the history of exercise physiology and how it essentially grew, thanks to the work of a few major Schools. Analysing and interpreting the evolution of the field, the authors focus on the School of Milano, which was founded by Rodolfo Margaria and is one of the most prominent representatives, having played a central role in promoting and advancing this field of physiology. In turn, the authors trace Margaria's biography; under his influence, the school introduced new concepts with regard to both the energetics of muscular exercise and to human locomotion. These concepts were

further developed by Margaria's pupils and by subsequent generations. Indeed, the course that was set in Milano greatly influenced the entire history of modern physiology. Readers with a keen interest in the origins of modern concepts and technologies in exercise physiology will find this book a fascinating and informative read.