lactate oxidation and/or gluconeogenesis from lactate to a greater extent than the musculature involved during Cy exercise. All of these factors could directly affect the rate of lactate clearance from muscle tissue and blood.

In conclusion, the steady state VO$_2$ at OBLA was significantly higher during Tr than during Cy exercise. This difference was greater than could be accounted for by the difference between exercise modes in peak VO$_2$. Consequently, OBLA occurred at a higher % peak VO$_2$ during Tr running than during Cy exercise. There are indications that this difference may be due, at least partially, to differences in the metabolic profile of the exercising musculature, as reflected by the ratio of key oxidative to glycolytic enzyme activities, in addition to the established differences in certain cardiovascular variables associated with Tr and Cy exercise.

References


BOOK REVIEW
Title: HEALTH AND PHYSICAL FITNESS
Author: William P. Marley, PhD, FACSM
412 pages Paperback

This book was written for a particular college course in Health and Fitness Foundations and confines itself to basic principles of the main subjects in this field.

The first part, on health is well set out and covers coronary heart disease, nutrition, obesity and weight control before moving on to positive health factors and exercise regimes. There are inevitably some oversimplifications which will irritate medical readers and the orientation of the book is very American, which may irritate the British PE reader.

While the health and risk factors are well covered, the sections on sports injuries are quite inadequate, not so much in their accuracy, but in the brief and eclectic coverage of the subject.

The health sections are well worth reading, the fitness part is better covered elsewhere in very similar books (for instance, Sharkey's Physiology of Fitness) and there is a full bibliography, as usual almost exclusively to American sources.

This book is more readable than many and may well serve a useful purpose in its chosen context of health education for a mixed audience, but its inherent limitations make it a first port of call, not a definitive text.

P. N. Sperryn