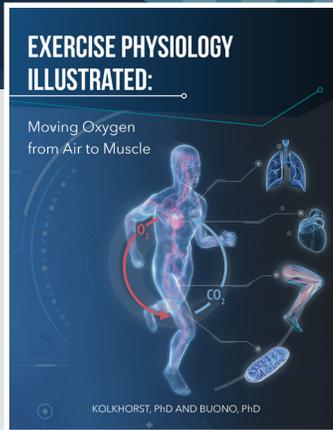


Modern, adaptable digital courseware,
built for every stage of learning.



EXERCISE PHYSIOLOGY ILLUSTRATED

Moving Oxygen from Air to Muscle

Oxygen is one of the keys of life, and when we exercise, it is required at higher rates. *Exercise Physiology Illustrated: Moving Oxygen from Air to Muscle* focuses on this theme as it follows the path of oxygen from respiration in the lungs, to transport by the cardiovascular system throughout the body, to utilization by exercising muscle to produce movement.

Exercise Physiology Illustrated takes an integrative approach in describing the pathways of oxygen throughout the body. The discussions and figures describe and explain in a coherent manner how physiological systems work together to produce movement.

AUTHORS:

Fred W. Kolkhorst, PhD
Michael J. Buono, PhD

PLATFORM BENEFITS

Proficiencyce replaces static textbooks with **interactive, analytics-enabled courseware** that adapts to today's classrooms.

Each course is built to reduce instructor workload, enhance student engagement, and provide administrators with meaningful insights—all while fitting seamlessly into your LMS.

- ▶ **Seamless LMS integration** with single sign-on
- ▶ **Flexible, customizable** modules and activities
- ▶ **Accessible, responsive design** for every learner
- ▶ **Dedicated support** for both instructors and students

COURSE OVERVIEW

Chapter 1:

- ▶ Getting Started in Physiology of Exercise

Chapter 2:

- ▶ Neural Control of Skeletal Muscle

Chapter 3:

- ▶ The Respiratory System: Getting Oxygen from Air to Blood

Chapter 4:

- ▶ The Heart: Moving Oxygen and Blood

Chapter 5:

- ▶ The Circulatory System and Its Responses to Exercise

Chapter 6:

- ▶ Skeletal Muscle Structure and Function

Chapter 7:

- ▶ Bioenergetics: How Muscle Uses Oxygen

Chapter 8:

- ▶ Energy Metabolism: Using Oxygen During Exercise

Chapter 9:

- ▶ Ventilatory Responses to Exercise

Chapter 10:

- ▶ Environmental Effects on Exercise Performance

Chapter 11:

- ▶ Fatigue and Exercise Intolerance

Chapter 12:

- ▶ Dietary Supplements and Athletic Performance

INCLUDED ESSENTIALS

Every Proficiency course is designed with tools that make teaching more effective and learning more engaging:

Integrated Assessments

Built-in quizzes and checkpoints that give students instant feedback while helping you track progress

Instructor Dashboard

Clear, real-time insights to spot at-risk learners early and guide them toward success.

Customizable Modules

Flexible content you can adapt to fit your syllabus and teaching style.

Lecture Slides & Notes

Professionally designed, ready-to-use resources that save preparation time.

Assignments & Activities

Group work, projects, and discussions that build deeper understanding



FOR INSTRUCTORS

- ▶ **Active Learning, Made Practical:** Evidence-based strategies that help you foster student success.
- ▶ **Ready to Teach:** Pre-built modules that you can use as-is or customize to fit your course.
- ▶ **Efficiency Where It Counts:** Automated grading and simple section management save valuable time.
- ▶ **Real-Time Visibility:** Intuitive dashboards highlight student progress and identify those who may need extra support.
- ▶ **A Full Teaching Toolkit:** Access presentations, quiz banks, and interactive chapters in one place.



FOR LEARNERS

- ▶ **Engaging by Design:** Interactive, straightforward activities that keep students involved.
- ▶ **Transparent Guidance:** Clear deadlines, grading points, and reminders to help learners stay on track.
- ▶ **Support Built In:** Help is always available, right when students need it.

**TAKE THE
NEXT STEP**

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