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Exercise Physiology: the Last 2500 Years

Will G Hopkins, College of Sport and Exercise Science, Victoria University, Melbourne, Australia. [Email](#). Reviewer: Frank Katch, Santa Barbara, California. Sportsmedicine 18, i, 2014 (sportsci.org/2014/inbrief.htm#history). Published May 2014. ©2014

During the first two years of the Sportsmedicine site, Frank Katch contributed a series of original and insightful [articles](#) on history makers in the science of sport and exercise nutrition. Frank has now officially retired, but he still actively co-authors the popular McArdle, Katch and Katch text, *Exercise Physiology: Nutrition, Energy, and Human Performance*. On a recent visit to New Zealand he showed me the proofs of the most recent (8th) edition, including the introductory chapter on discoveries and developments in the field of exercise physiology

from the time of the ancient Greeks to the 20th century. At my request he gained the publisher's permission to provide free access to the PDF here: [Introduction—A View of the Past](#). You can also access an appendix on [landmark publications](#) in exercise physiology and another on [famous female scientists](#). The publisher has even offered a generous 20% discount for Sportsmedicine visitors to purchase the book via [this link](#). Enjoy!
