

BOOK REVIEW

Science of Sport Exercise and Physical Activity in the Tropics

Editors: Andrew Edwards and Anthony Leicht (Institute of Sport and Exercise Science, James Cook University, Australia)

The book is comprised of a series of good quality and interesting peer reviewed submissions arising from presentations made at a conference held at James Cook University, Cairns, Australia in November 2013. The major contributing disciplines are human physiology, psychology, nutrition and aspects of clinical medicine.

The order of the chapters is logical in that the first 3 chapters detail the physiology of thermoregulation with particular reference to warm environments. After a theoretical overview of factors affecting performance pacing, there follows a chapters discussing the effect of heat upon aspects of sport and/or exercise performance. There are two chapters which look at the performance of fire fighters and the remaining chapters are concerned with exercise as prophylactic and/or therapy for vascular disease.

There are areas that might have been included. These include data discussing how exercise fits into the lifestyle of those living in tropical areas and whether this differs from equally developed nations outside of the tropics. There is little on what barriers there are to exercise and how this differs or not between the warmer and more temperate regions of the globe. Perhaps sex/gender differences could have been explored more.

Not surprisingly most of the contributors are from Australia. Some discussion of practice and provision in other tropical areas such as the Arabian Gulf, the Caribbean and the Indian sub-continent would give a more complete picture.

Some pen-pictures of the first authors perhaps might have been useful.

Overall this is a very interesting and useful text which adds to the knowledge base on exercise in the heat.

Review provided by Ron J. Butterly, Ph.D.