Sports and Exercise Pharmacology

Stan Reents

Champaign, IL: Human Kinetics, 2000

US \$45.00, 344 pages, softcover

Sports and Exercise Pharmacology addresses 2 main areas: 1) how drugs and medications affect the physiology of performance of people who are exercising or actively engaged in sport; and 2) how the physiological stressor of exercise and medications interact. For example, author Reents explores the question “Should an individual who is hypertensive and taking diuretics avoid playing tennis in the sun?”

Because the effects of exercise on drug interactions and the effects of the pharmacological substances on the body’s response to exercise are poorly understood, a text that considers the combined effects is an invaluable source for the medical community in general. Furthermore, the outdoorsman, the exercise physiologist, or sim-

ply the fitness enthusiast will greatly benefit from the information provided in this text. This book is easy to read and understand; thus, the audience may span the full spectrum in terms of their knowledge base in the area.

In addition, the text critically evaluates the limitations of the scientific literature in the area of exercise pharmacology. A critical review of the literature provides the reader with the understanding that more research is clearly needed in this area. This is an outstanding component of the text; it makes the reader question what is frequently conveyed as dogma and makes the reader *think*, instead of telling the reader what to think.

The use of the “Case Studies” approach at the beginning of each chapter is an excellent idea that presents plausible problems for the reader to consider to better understand and integrate how the drug may interact with a particular sport or activity. It would also make a good “in-class” activity in the classroom.

Reents critically evaluates the experimental literature and then compares and contrasts the study design and methodologies employed in an effort to compare and contrast experimental findings. This is an excellent approach often ignored in textbooks.

I highly recommend this text and will consider adding it to my own class in Exercise Testing and Prescription. Cardiologists, exercise physiologists, physiologists, nurses, physicians (in general), nutritionists, athletic trainers, and anyone who exercises and is taking medications would benefit from this book. Overall, I think this is an excellent text that should be on the bookshelf of anyone who takes prescription medication or knows someone who takes prescription medication and engages in routine daily exercise or physical activity in general!

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