

References and Resources

Related References

Exercise Physiology

McArdle, W.; Katch, F.; Katch, V. 1994. Essentials of exercise physiology. Philadelphia, PA: Lea & Febiger.

Wilmore, J.; Costill, D. 1994. Physiology of sport and exercise. Champaign, IL: Human Kinetics.

Fitness

Anderson, B. 1980. Stretching. Bolinas, CA: Shelter Publications.

Sharkey, B. 1997. Fitness and health. Champaign, IL: Human Kinetics.

Nutrition

Katch, F.; McArdle, W. 1996. Introduction to nutrition, exercise, and health. Philadelphia, PA: Lea & Febiger.

Williams, M. 1995. Nutrition for fitness and sport. Dubuque, IA: W.C. Brown.



Resources

American College of Sports Medicine

PO Box 5076
Indianapolis, IN 46206
(317) 637-9200

“The American College of Sports Medicine promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and the quality of life.”

President’s Council on Physical Fitness and Sports

Washington, D.C. 20004
(202) 272-3421

The primary Federal source for information and programs on physical activity, fitness, and health.

Missoula Technology and Development Center

Building 1, Fort Missoula
Missoula, MT 59804
(406) 329-3900

The Missoula Technology and Development Center has produced a wide range of materials in the areas of fitness, work capacity, safety, and health.







About the Author

Brian J. Sharkey, Ph.D., professor emeritus at the University of Montana Human Performance Laboratory, has been associated with the Forest Service since 1965. He has worked with the Missoula Technology and Development Center to develop fitness tests, programs, and facilities, and on projects to improve the health, safety, and performance of wildland firefighters, working on uniforms, hydration, heat stress, nutrition, tools, and the health hazards of smoke. He helped develop the Forest Service wellness program, and continues to serve as a consultant in the areas of fitness, health and work capacity. A past-president of the American College of Sports Medicine, he is the author or coauthor of 10 books, including *Fitness and Health (Human Kinetics, 1997)*, and is the author of numerous scientific papers and agency reports. He has worked with the athletes and coaches of the U.S. Nordic Ski Team and remains active in research and writing, and in vigorous outdoor pursuits.

LibraryCard

Sharkey, Brian. 1997. *Fitness and work capacity*, second edition. Tech. Rep. 9751-2814-MTDC. Missoula, MT: U.S. Department of Agriculture, Forest Service, Missoula Technology and Development Center. 78 p.

Updates information on fitness and work capacity from the first edition of *Fitness and Work Capacity*, published in 1977. Provides additional material on nutrition, hydration, the environment, work hardening, and injury prevention. Introduces a new generation of job-related work capacity tests, including the Pack Test. Intended to help forestry field workers and firefighters achieve health, fitness, and work capacity.

Keywords: aerobic fitness, health education, muscular fitness, nutrition, wellness, work capacity tests.