Appendix A: Bibliographies of Significant Contributions to the Exercise Physiology Literature

Sampling of Textbooks on Anatomy and Physiology, Anthropometry, Exercise and Training, and Exercise Physiology (1801–1947) (in Chronological Order)


1844: Dunglison R. Human Health: The Influence of Atmosphere and Locality; Change of Air and Climate; Seasons; Food; Clothing; Bathing and Mineral Springs; Exercise; Sleep; Corporal and Intellectual Pursuits, on Healthy Man; Constituting Elements of Hygiene. Philadelphia: Lea & Blanchard, 1844.


1876: Hitchcock E. A part of the course of instruction given in the Department of Physical Education and Hygiene in Amherst College. First issued by the class of 1877 while juniors. Amherst, MA, 1876.


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1933: Haggard HW, Greenberg LA. Diet and Physical Efficiency. New Haven, CT: Yale University Press, 1933.

Review Articles about Exercise, 1922–1940
1929: Richardson HB. The respiratory quotient (including: The source of energy used for muscular exertion). Physiol Rev 1929;9:61.
1932: Jordan HE. The structural changes in striped muscle during contraction. Physiol Rev 1933;13:301.
Selected Contributions to the Exercise Physiology Literature by Swedish Exercise Physiologists Per-Olof Åstrand and Bengt Saltin


