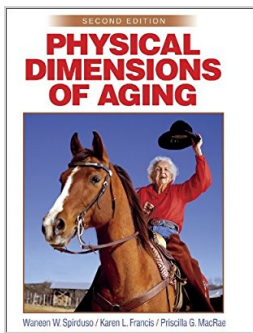


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Physical Dimensions of Aging, 2nd Edition

By Waneen Spirduso, Karen Francis, Priscilla MacRae

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Physical Dimensions of Aging, 2nd Edition By Waneen Spirduso, Karen Francis, Priscilla MacRae

The physical aging process progresses every day—and so does our understanding of it. *Physical Dimensions of Aging, Second Edition*, will keep students and professionals up to date on the outcomes of the latest research studies and their implications for the elderly in the real world. Physical aging affects us cognitively, psychologically, socially, and spiritually. The book discusses how people age physically and how this aging affects other dimensions of life.

The second edition of *Physical Dimensions of Aging* has been updated to integrate research findings on physical aging from more than 100 different journals in myriad fields, creating interdisciplinary coverage on the topic. It provides students and professionals with what they need to know about physical aging in order to conduct clinical research and to work with clients and patients. In doing so, it retains its landmark status as the definitive reference on aging.

Moreover, *Physical Dimensions of Aging, Second Edition*, focuses less on explaining the measurement techniques and research design and more on the outcome of the studies and their practical implications for everyday living. This approach will enable professionals and students to do the following:

- Understand the physical aging process and its effects on other dimensions of life.

- Apply the latest research in working with adults and the elderly.

- Become more effective in their professions.

The structure of this new edition is more conducive to learning and features the following:

- Chapter objectives

- Key terms

- Sidebars of capsule research studies

-Testimonials, vignettes, and other tidbits that tie the research information to the real world

-Review questions to assist students in synthesizing and remembering the information

-Short lists of recommended reading for those who want to pursue the topic in more detail

-A glossary at the end of the book

This second edition is organized into five parts. **Part I** provides an introduction to aging, to the field of gerontology, and to the research process for studying individual differences. **Part II** describes the physical changes in structure, capacity, and endurance. **Part III** overviews the factors related to motor coordination, motor control, and skill learning for older adults. **Part IV** addresses physical–psychosocial relationships, including health, exercise, and cognitive function as well as health-related expectations of quality of life for older adults. **Part V** highlights physical performance and achievement especially to showcase the results from consistent effort and hard work of physically elite older adults as inspiration for others.

At a time when many people are telling older adults what they can't do, professionals should be telling them what they can do. *Physical Dimensions of Aging, Second Edition*, will equip professionals to do so.

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Waneen W. Spirduso, EdD, is the Oscar and Anne Mauzy Regents Professor in the department of kinesiology and health education at The University of Texas (UT) at Austin. She was chair of the UT (Austin) department of kinesiology and health education for 14 years and served as interim dean of the College of Education for 2-1/2 years. Since 1975 her academic interests, research, and presentations have focused on issues central to gerontology and kinesiology, and her research programs have been sponsored by four of the National Institutes of Health and several local foundations.

A widely published author, Dr. Spirduso is also a popular speaker at conferences across the United States. She is the recipient of many honors and awards, including recognition as the Texas Association for Health, Physical Education, Recreation and Dance Scholar in 1986 and the American Alliance for Health, Physical Education, Recreation and Dance Scholar (AAHPERD) in 1987. She served two terms as president of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and one term as president of the American Academy of Kinesiology and Physical Education (AAKPE).

Dr. Spirduso is a Fellow of the Gerontological Society of America, and a member of AAHPERD, ACSM, and AAKPE.

Karen L. Francis, PhD, is an assistant professor in the department of exercise and sport science at the University of San Francisco. She received her master's degree and PhD in motor control and learning and a doctoral portfolio in gerontology from the University of Texas at Austin. Dr. Francis' primary research interest is in the loss of hand motor control that occurs with aging. She is a member of the Gerontological Society of America, the Society for Neuroscience, and the North American Society for the Psychology of Sport and Physical Activity.

Priscilla Gilliam MacRae, PhD, is professor of sports medicine and director of the Motor Behavior Laboratory at Pepperdine University. She received her MS from the University of Arizona and her PhD from the University of Texas at Austin. She completed postdoctoral training at the University of Southern California. MacRae has published 38 research articles and book chapters, presented in national and international meetings, and received the Harriet and Charles Luckman Distinguished Teaching Award from Pepperdine University. Her research has been funded by the National Institute on Aging (NIA), AARP Andrus Foundation, Jewish Homes for the Aging, California Physical Therapy Association, and Pepperdine University. Dr. MacRae is a fellow of the American College of Sports Medicine (ACSM) and a member of the Southwest Chapter of ACSM, the American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD), the Society for Neuroscience, and the Gerontological Society of America.

Dr. MacRae's research focuses on effects of exercise on physiological and psychological aspects of aging. Her current research focuses on how older adults acquire new motor skills, including changes in older adults' ability to control force in visuomotor tasks that involve precision and speed. Her research populations have included older adults at many levels of function, from elite female marathoners to nursing-home residents.

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