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joan ramón barbany cairó es doctor en medicina y cirugía y licenciado en ciencias biológicas por la universidad de barcelona médico especialista en análisis clínicos y en biología y medicina del deporte por la universidad de grenoble ejerce como profesor de fisiología y dietética del deporte en inefc en el departamento de ciencias fisiológicas ii y en la escuela de medicina de la educación física y el deporte de la universidad de barcelona en la actualidad investiga sobre la acción de diversos ergógenos y los efectos del ejercicio físico en niños y adolescentes es autor de diversos artículos y libros de fisiología del ejercicio y dietética del deporte y acaba de publicar el libro alimentación para el deporte y la salud el objetivo de esta publicación es estudiar y explicar de forma detallada aunque siempre con un enfoque eminentemente didáctico los aspectos más relevantes de las adaptaciones funcionales al ejercicio físico y al entrenamiento en el organismo humano a través de los distintos capítulos se relatan los conocimientos actuales de la estructura y función del músculo el metabolismo de la fibra muscular y del organismo en el ejercicio las distintas adaptaciones fisiológicas cardiovasculares respiratorias neuronales termorreguladores etc y la participación de los sistemas de control neuronal y regulación endocrina en los últimos capítulos se estudian las modificaciones inducidas por el entrenamiento y los aspectos más destacados de la fatiga física las ayudas ergogénicas y el dopaje el autor pretende que la exposición de los diferentes temas a pesar de su complejidad sea de fácil comprensión para el lector para ello siguiendo siempre un planteamiento riguroso y suficientemente exhaustivo se ha buscado un estilo sencillez fácil y directo huyendo de los accesorios poco relevantes o excesivamente farragosos además de obra de consulta útil para el lector interesado en el tema este libro ha sido elaborado con el objetivo de ser utilizado como texto de referencia para estudiantes de ciencias de la actividad física y el deporte ciencias de la salud para la formación de técnicos deportivos y para los diferentes niveles de especialización en el ámbito de la medicina de la educación física y el deporte

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