

The Lore of Running

Chapter 4 Terminology

This is not an exhaustive list of terms/concepts used in this chapter.

- Temperature balance
 - Hyperthermia
 - Hypothermia
- Normal body temperature
- Heat exchange
 - Convection, radiation, conduction, evaporation
- Hypothalamus
- Factors that affect heat balance
 - For example: Wind, environment temperature, humidity, body size/mass/surface area, exercise intensity, clothing, cloud cover, heat acclimatization
- Dehydration
- Hyponatremia
- Preventing heat-impaired performance
- Sweat rate
 - Replace 100% of fluids lost?
- Osmolality
- Electrolytes
- Factors that influence gastric emptying
 - Intensity of exercise
 - Glucose concentration
 - Fluid temperature
 - Volume ingested
- The 'ideal' sports drink
- Deaths during marathon (and triathlon)
- Heat hazards
 - Heat stroke (hyperthermia)
 - Heat cramps
 - Heat exhaustion (heat syncope)
- Cold hazards
 - Hypothermia
 - Frostbite
- Exercise associated collapse