



Sport Nutrition: An Introduction to Energy Production and Performance (Paperback)

By Asker E. Jeukendrup, Michael Gleeson

Human Kinetics Publishers, United States, 2010. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Understand the science behind sport nutrition with the UK's top experts. The new edition of Sport Nutrition presents the principles, background and rationale for current nutrition guidelines specifically for athletes. The chapters run in a logical order that will help instructors deliver a better course and spend less time in preparing lectures and tutorials. Meanwhile Sport Nutrition contains updated and expanded information to keep students current (and interested) on the latest findings in sport nutrition. New chapters include information on training adaptations, effects of nutrition on over training, and new information on weight management and body composition for athletes. There is new research and recommendations for carbohydrate intake during training. An expanded discussion on the role of protein in strength and endurance exercise training add to the new content. Each chapter includes learning objectives, key terms and key points to help readers retain the information. The text presents not only nutrition principles but also the exercise biochemistry involved and the energy needs of athletes. Readers will better understand how supplements may be used in an athlete's diet, and they will...



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