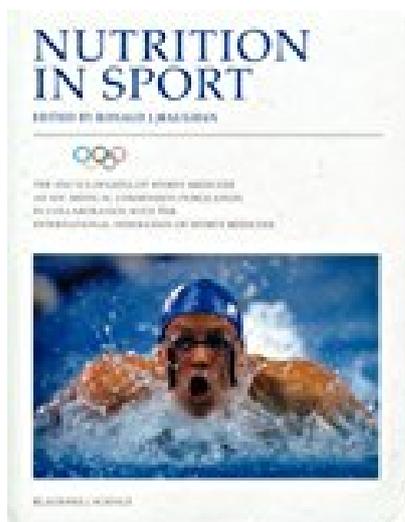


Nutrition in Sport



BOOK DETAILS

- Author :
- Pages : 680 Pages
- Publisher : Wiley-Blackwell
- Language : English
- ISBN : 0632050942

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BOOK SYNOPSIS

Insightful, well-organized, and clearly written, *NUTRITION FOR SPORT AND EXERCISE*, 3rd Edition, integrates nutrition and exercise physiology principles, emphasizing scientific reasoning and examining research studies to illuminate the evidence for current nutritional recommendations. The authors carefully illustrate the connections between exercise, nutrition, and, the ultimate goals: optimal performance and health. In addition to explaining the rationale behind the recommendations made to athletes, this text helps instructors and students translate these recommendations to specific plans for the appropriate amount and type of foods, beverages, and/or supplements to support training, performance, and recovery. First and foremost, this book is scientifically sound and evidence-based, but it also is filled with practical nutrition information to demonstrate the application of the material. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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