

Essentials of Sports Nutrition and Supplements

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This volume is a comprehensive textbook for the undergraduate course in sports nutrition. Focusing on exercise physiology, this text is to be used in a certification course sponsored by the International Society of Sports Nutrition (ISSN).

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Essentials of Sports Nutrition and Supplements From Humana Press Bibliography

- Sales Rank: #377833 in Books
- Published on: 2008-06-11
- Original language: English
- Number of items: 1
- Dimensions: 11.25" h x 8.50" w x 1.50" l, 4.11 pounds
- Binding: Hardcover
- 691 pages

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Editorial Review

Review

From the reviews:

"Essentials of Sports Nutritional Supplements … is a study resource for obtaining a credential with the organization. … easy to understand. … particularly useful for personal trainers, coaches and anyone who wants to know the scientific details related to sports nutrition … ." (Jerry Brainum, Iron Man Magazine, July, 2009)

From the Back Cover

Millions of consumers want to lose body fat, gain muscle mass, and/or improve exercise performance. In addition to an exercise program, they often look to sports supplements as ‘tools’ to help them reach their goals. This book, the culmination of years of work by the thought leaders in the sports nutrition field will help the consumer, student, scientist, and sports nutrition professional sift through the huge volume of information and come up with reasonable and scientifically-based ideas and conclusions about sports nutrition.

Written and edited by the leaders in the field and members of the International Society of Sports Nutrition, the Essentials of Sports Nutrition and Supplements combines basic science with the best in applied sports nutrition. Topics in this book include:

- Endocrinology and Exercise
- Principles of Exercise Training
- An Overview of Dietary Supplements
- Nutritional Needs of Endurance Athletes
- Nutritional Needs of Strength-Power Athletes
- Sports Application of Creatine
- Eating to Improve Body Composition
- Pre-, During, and Post-Workout Nutrition for Endurance Athletes
- Pre- During, and Post-Workout Nutrition for Strength-Power Athletes

But the book covers much more than the short list above. Whether you are a student, scientist or sports nutrition professional, this book will serve as the resource for you in this rapidly growing field.

Users Review

From reader reviews:

Robert Holt:

The book Essentials of Sports Nutrition and Supplements can give more knowledge and also the precise product information about everything you want. So why must we leave the good thing like a book Essentials of Sports Nutrition and Supplements? A few of you have a different opinion about e-book. But one aim in which book can give many data for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or info that you take for that, you may give for each other; it is possible to share all of these. Book Essentials of Sports Nutrition and Supplements has simple shape nevertheless, you know: it has great and large function for you. You can search the enormous world by open up and read a guide. So it is very wonderful.

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Marvin Davidson:

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