



Sports and Exercise Nutrition

By McArdle BS M.Ed PhD, William D.; Katch, Frank I.; Katch, Victor L.

Lippincott Williams & Wilkins, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction PART I:Food Nutrients: Structure, Function and Digestion, Absorption, and Assimilation The Macronutrients The Micronutrients and Water Digestion and Absorption of the Food Nutrients PART II:Nutrient Bioenergetics in Exercise and Training Nutrient Role in Bioenergetics Macronutrient Metabolism in Exercise and Training Measurement of Energy in Food and During Physical Activity PART III:Optimal Nutrition for the Physically Active Person: Making Informed and Healthful Choice Nutritional Recommendations for the Physically Active Person Nutritional Considerations for Intense Training and Sports Competition Making Wise Choices in the Nutrition Marketplace PART IV:Thermoregulation and Fluid Balance During Heat Stress Exercise Thermoregulation, Fluid Balance, and Rehydration PART V:Purported Ergogenic Aids Pharmacologic and Chemical Ergogenic Aids Evaluated Nutritional Ergogenic Aids Evaluated PART VI:Body Composition, Weight Control, and Disordered Eating Behaviors Body Composition Assessment and Sport-Specific Observations Energy Balance, Exercise, and Weight Control Disordered Eating Appendix A Nutritive Values for Common Foods, Alcoholic and Nonalcoholic Beverages, and Specialty and Fast-Food Items Appendix B Energy Expenditure in Household, Occupational, Recreational, and Sports Activities Appendix C Assessment of Energy and Nutrient Intakes: Three-Day Dietary Survey Appendix D Body Composition Assessment Appendix E...

DOWNLOAD



Reviews

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.

-- Prof. Barney Harris

A high quality ebook along with the font employed was fascinating to read. It really is written in easy phrases rather than confusing. I am just easily can get a satisfaction of looking at a composed publication.

-- Isai Bradtke