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Titolo	Dietary protein and resistance exercise // edited by Lonnie Michael Lowery, Jose Antonio
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Descrizione fisica	1 online resource (253 p.)
Altri autori (Persone)	LoweryLonnie Michael AntonioJose, PhD.
Disciplina	615.8/54
Soggetti	Low-protein diet Isometric exercise Electronic books.
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Front Cover; Contents; Preface; Acknowledgments; Editor Biographies; Contributors; Contributor Biographies; Chapter 1: Dietary Protein and Strength Exercise: Historical Perspectives; Chapter 2: Protein Metabolism: Synthesis and Breakdown on a Cellular Level; Chapter 3: The Safety Debate Regarding Dietary Protein in Strength Athletes; Chapter 4: Dietary Protein Efficacy: Dose and Peri-Exercise Timing; Chapter 5: Dietary Protein Efficacy: Dietary Protein Types; Chapter 6: Weight Control with Dietary Protein; Chapter 7: Protein, Resistance Training, and Women Chapter 9: Nitrogenous Compounds and SupplementsChapter 10: Case Studies and Sports Application; Back Cover
Sommario/riassunto	There has been a long standing controversy in the field of sports nutrition regarding the role of protein and protein metabolism in muscle development and athletic performance. The understanding of protein nutrition has changed dramatically over the last decade and this book aims to clarify and modernize the topic. This book presents the efficacy, safety, and recommendations of protein intake among strength athletes. Including case studies, the text covers historical

perspectives of protein use; safety of high protein diets; specific protein types and timing of intake; weight control using protein; protein synthesis and breakdown; and nitrogenous compounds/supplements--Provided by publisher.
