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| 1. Record Nr. | UNINA9910779972703321 |
| Titolo | Nutrition and enhanced sports performance : muscle building, endurance, and strength // edited by Debasis Bagchi, PhD, MACN, CNS, MAIChE, Department of Pharmacological and Pharmaceutical Sciences, University of Houston College of Pharmacy, Houston, TX, USA, Sreejayan Nair, PhD, University of Wyoming, School of Pharmacy, Laramie, WY, USA, Chandan K. Sen, PhD, FACN, FACSM, Center for Regenerative Medicine & Cell-Based Therapies, The Ohio State University Wexner Medical Center, Columbus, OH, USA |
| Pubbl/distr/stampa | London, : Academic Press, c2013 London : , : Academic Press, , 2013 |
| ISBN | 0-12-813923-4 0-12-396477-6 |
| Descrizione fisica | 1 online resource (xxi, 540 pages) : illustrations (some color) |
| Collana | Gale eBooks |
| Disciplina | 610 |
| Soggetti | Athletes - Nutrition Sports - Physiological aspects Muscle strength - Nutritional aspects |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references at the end of each chapters and index. |
| Nota di contenuto | I. Nutrition and human health -- II. Exercise and human health -- III. Sports and nutrition -- IV. Molecular mechanisms -- V. Minerals and supplements in muscle building -- VI. Dietary recommendations -- VII. Concluding remarks. |
| Sommario/riassunto | This book discusses the impact of nutrition on enhancing sports performance, addresses the molecular and cellular pathways involved in the physiology of muscle growth and the mechanisms by which nutrients affect muscle health, growth and maintenance, and encompasses multiple forms of sports/performance and the salient contribution of appropriate nutrition on special populations. |