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Descrizione fisica	1 online resource (200 p.)
Collana	Handbook of sports medicine and science
Altri autori (Persone)	MaughanRon J. <1951-> BurkeLouise
Disciplina	613.2/024/796
Soggetti	Athletes - Nutrition Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Handbook of Sports Medicine and Science Sports Nutrition; Contents; List of contributors; Forewords by the IOC; Preface; Part 1 Nutrition needs for training; 1 Exercise and energy demands; 2 Fuels used in exercise: carbohydrate and fat; 3 Protein and amino acid requirements of athletes; 4 Micronutrients: vitamins and minerals; 5 Fluids and electrolytes; 6 Alcohol and sport; Part 2 Nutrition for competition; 7 Preparation for competition; 8 Eating and drinking during exercise; 9 Post-event recovery; Part 3 Practical sports nutrition; 10 Assessing nutritional status and needs 11 Changing size and body composition 12 Dietary supplements and ergogenic aids; 13 Practical strategies to meet nutrition goals; 14 Eating well while traveling; 15 Strategies for special populations; 16 Strategies for special environments: heat; Index
Sommario/riassunto	Sports Nutrition, which focuses on the importance of proper nutritional preparation for athletes, provides a practical supplement to Nutrition in Sport. It provides an essential reference on all aspects of sports nutrition for the team coach, athletic trainer, physical therapist and

allied health-related professional working with athletes and sports teams, and the knowledgeable athlete.
