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Autore	DE_LUCA, A.
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Altri autori (Persone)	RICCIARDI, L. M.
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Nota di contenuto

Front cover; Dedication; Contents; Preface; The Editors; Contributors; Section I: Dietary Assessment of Athletes; Chapter 1: Estimation of Food and Nutrient Intakes of Athletes; Chapter 2: Evaluation of Nutrient Adequacy of Athletes' Diets; Section II: Anthropometric Assessment of Athletes; Chapter 3: Physique Assessment of Athletes; Chapter 4: Body Composition and Gender Differences in Performance; Section III: Physical Activity Needs Assessment of Athletes; Chapter 5: Laboratory Methods for Determining Energy Expenditure of Athletes Chapter 6: Field Assessment of Physical Activity and Energy Expenditure among Athletes Chapter 7: Molecular Aspects of Physical Performance and Nutritional Assessment; Section IV: Biochemical Assessment of Athletes; Chapter 8: Assessment of Lipid Status of Athletes; Chapter 9: Assessment of Protein Status of Athletes; Chapter 10: Assessment of Vitamin Status of Athletes; Chapter 11: Assessment of Mineral Status of Athletes; Chapter 12: Assessment of Hydration of Athletes; Section V: Clinical Assessment of Athletes; Chapter 13: Clinical Assessment of Athletes; Back cover

Sommario/riassunto

Evaluating dietary intake, determining energy metabolism, and conducting other nutritional assessments are essential in understanding the relationships between diet, exercise, health, and physical performance, especially in athletes. Several methods exist, each with their own advantages and limitations. Extensively referenced and filled with numerous tables and figures, this timely book focuses on the nutritional assessment of both recreational and professional athletes, including children, adolescents, and adults. In one volume, it presents methods for all types of nutritional evaluations, including dietary, anthropometric, physical activity needs, biochemical, and clinical assessments--Provided by publisher.