

1. Record Nr.	UNINA9910793174303321
Autore	Amato Damon
Titolo	An athletic trainer's guide to sports nutrition // Damon Amato, MS, LAT, CSCS, Head Athletic Trainer, Lowell High School, Lowell, Massachusetts
Pubbl/distr/stampa	Thorofare, NJ : , : SLACK Incorporated, , [2019] ©2019
ISBN	1-63091-425-8 1-63091-426-6
Descrizione fisica	1 online resource (181 pages)
Disciplina	613.202/4796
Soggetti	Athletes - Nutrition Exercise - Physiological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Basics of human nutrition -- Nutrition myths and clarifications -- Disordered eating and eating disorders in athletes -- What is hydration : the physiology of fluid absorption -- Supplements -- Eating optimally for injury recovery -- Nutrient timing -- Special situations.