

1. Record Nr.	UNINA9910816806203321
Titolo	Nutritional assessment of athletes // edited by Judy A. Driskell, Ira Wolinsky
Pubbl/distr/stampa	Boca Raton : , : CRC Press, , 2011
ISBN	0-429-10461-8 1-4398-1822-3
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (412 p.)
Altri autori (Persone)	DriskellJudy A (Judy Anne) WolinskyIra
Disciplina	613.2/024796
Soggetti	Athletes - Nutrition Nutrition - Evaluation
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	Front cover; Dedication; Contents; Preface; The Editors; Contributors; Section I: Dietary Assessment of Athletes; Chapter 1: Estimation of Foodand Nutrient Intakesof Athletes; Chapter 2: Evaluation of Nutrient Adequacyof 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 AthletesChapter 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 MineralStatus 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.
