

1. Record Nr.	UNISA996384537403316
Autore	Banks John
Titolo	The rival kings, or, The loves of Oroondates and Statira a tragædy : acted at the Theater-Royal written by Mr. Bankes
Pubbl/distr/stampa	Printed for Langley Curtis . England
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910825848303321
Autore	Larson Abigail
Titolo	Sports nutrition strategies for success : a practical guide to improving performance through nutrition / / Abigail J. Larson, Kary Woodruff
Pubbl/distr/stampa	New York, NY : , : Momentum Press, Health, , 2017
ISBN	1-944749-98-5
Edizione	[First edition.]
Descrizione fisica	1 online resource (xii, 112 pages)
Collana	Health, Wellness, and Exercise Science Collection
Disciplina	613.2024796
Soggetti	Athletes - Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. Basic sports nutrition guidelines -- 2. Optimal eating for optimal training -- 3. Energy balance, body weight and body composition -- 4. Eating disorders and disordered eating -- 5. Supplements and ergogenic aids -- 6. Recipes for athletes and additional resources -- About the author -- Index.
Sommario/riassunto	The intent of this book is to provide science-based nutrition recommendations that will support optimal performance as well as promote the health and well-being of the athlete. The reader can expect an overview of sports nutrition fundamentals, including a breakdown of the macronutrient (carbohydrates, proteins, and fats),

micronutrient, and hydration recommendations. Optimal quantity and timing of nutrient intake is also addressed. This information is then expanded upon through applied scenarios and strategies intended to help the reader develop individualized sports nutrition and hydration plans which implement recommendations within the context of busy schedules. This text also addresses weight management issues and how to best support athletes in achieving healthy weight gain or weight loss goals; disordered eating and eating disorders prevention, risks, signs, symptoms, and treatments among athletes; and risks and benefits of dietary supplements (including a helpful risk and application schemata for common dietary supplements); finally this text concludes with a chapter devoted to delicious and nutritious meal and snack recipes and a list of reputable resources for further reading. Ultimately this text is intended to be a practical, meaningful, and applied sport nutrition resource for exercise professionals across a wide range of disciplines.

3. Record Nr.	UNINA9910299848903321
Autore	Beccarelli Paolo
Titolo	Biaxial Testing for Fabrics and Foils : Optimizing Devices and Procedures // by Paolo Beccarelli
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2015
ISBN	3-319-02228-8
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (146 p.)
Collana	PoliMI SpringerBriefs, , 2282-2577
Disciplina	530.41 610.153 620 620.0042 620.11 691
Soggetti	Engineering design Amorphous substances Complex fluids Materials science Medical physics Radiation Building materials Engineering Design Soft and Granular Matter, Complex Fluids and Microfluidics

Characterization and Evaluation of Materials
Medical and Radiation Physics
Building Materials

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	Brief Review of the Membrane Structure Context -- The design, analysis and construction of tensile fabric structures -- Biaxial testing apparatuses and procedures -- The development of biaxial testing devices and procedures for architectural fabrics -- Recent application and potentialities -- Conclusions.
Sommario/riassunto	This book offers a well-structured, critical review of current design practice for tensioned membrane structures, including a detailed analysis of the experimental data required and critical issues relating to the lack of a set of design codes and testing procedures. The technical requirements for biaxial testing equipment are analyzed in detail, and aspects that need to be considered when developing biaxial testing procedures are emphasized. The analysis is supported by the results of a round-robin exercise comparing biaxial testing machines that involved four of the main research laboratories in the field. The biaxial testing devices and procedures presently used in Europe are extensively discussed, and information is provided on the design and implementation of a biaxial testing rig for architectural fabrics at Politecnico di Milano, which represents a benchmark in the field. The significance of the most recent developments in biaxial testing is also explored.