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Autore	Mala Lucia
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Sommario/riassunto	The book was written for researchers dealing with the issues of nutrition, proper diet and treatment of body composition as one of the components affecting sport performance, for researchers involved in selecting appropriate diagnostic methods for body composition identification in terms of monitoring changes under various factors (load, sport training periodization, pre-season weight reduction, etc.), for researchers focusing on selection and comparison of diagnostic methods for body composition, for postgraduate students in the fields of medicine and sport and last but not least for coaches.

