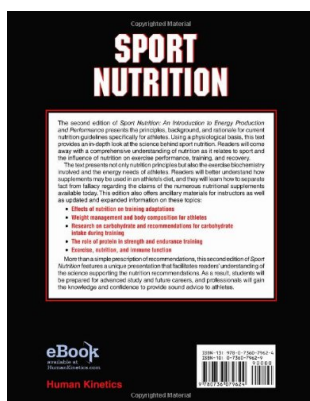


[PDF] Sport Nutrition - 2nd Edition

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Description:

The new edition of *Sport Nutrition: An Introduction to Energy Production and Performance* presents the principles, background, and rationale for current nutrition guidelines specifically for athletes. Using a physiological basis, this text provides an in-depth look at the science behind sport nutrition. Students will come away with a comprehensive understanding of nutrition as it relates to sport and the influence of nutrition on exercise performance, training, and recovery.

The chapters and the material within each chapter are sequenced in a logical order that will help instructors deliver a better course and spend less time in preparing lectures and tutorials. Instructors will also enjoy the completely new ancillaries with this edition, including an online instructor guide, test package, PowerPoint presentation package, and image bank. This text contains updated and expanded information to keep students current on the latest findings in sport nutrition:

- A new chapter on training adaptations, including effects of nutrition on overtraining
- New information on weight management and body composition for athletes
- New research on carbohydrate and new recommendations for carbohydrate intake during training
- An expanded discussion on the role of protein in strength and endurance exercise training
- The latest information on exercise, nutrition, and immune function

The new content complements the strong foundational information that the authors provided in the previous edition, including fuel sources for muscle and exercise metabolism, energy requirements for various sports, and a complete grounding in the macronutrients (carbohydrate, fat, and protein) and the micronutrients (vitamins and minerals). With more than 200 illustrations, new highlight boxes, and tables and sidebars throughout the text, students will be able to more easily grasp the scientific concepts presented in this text. Each chapter also includes learning objectives, key terms, and key points to help readers retain the information. The text presents not only nutrition principles but also the exercise biochemistry involved and the energy needs of athletes. Readers will better understand how supplements may be used in an athlete's diet, and they will learn how to separate fact from fallacy regarding the claims of the numerous nutritional supplements available today.

More than a simple prescription of recommendations, this second edition of *Sport Nutrition* features a unique presentation that facilitates readers' understanding of the science supporting the nutrition recommendations. As a result, students will be prepared for advanced study and future careers, and professionals will gain the knowledge and confidence to provide sound advice to athletes.