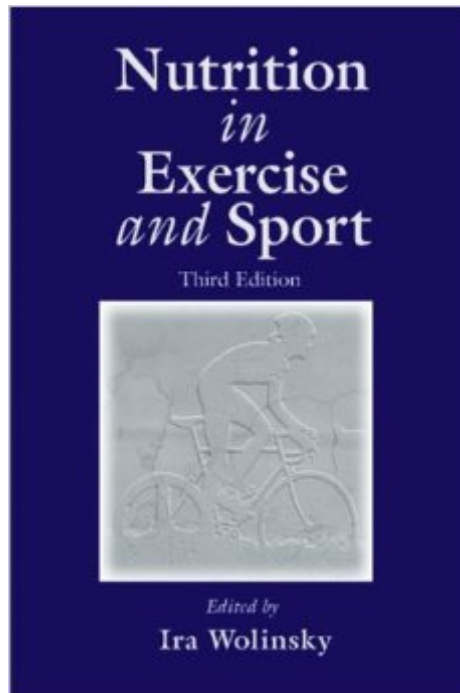


The book was found

# Nutrition In Exercise And Sport, Third Edition (Nutrition In Exercise & Sport)



## Synopsis

The third edition of *Nutrition in Exercise and Sport* has been updated and expanded to include the latest developments in the field. This third edition of a bestseller among sports nutrition and health professionals now fully discusses the role of exercise and nutrition in both wellness and in disease prevention. In addition, new chapters on the history of sports nutrition, antioxidants, vegetarianism, the young athlete, the older athlete, the diabetic athlete, the physically disabled athlete, sports specific nutrient requirements, and body composition changes have been added. Top sports nutrition practitioners and exercise scientists have contributed chapters that provide practical nutritional guidelines for those engaged in various types of physical performance. This book is a one-volume library on sports nutrition for research scientists in applied sports nutrition, dietitians, exercise physiologists, sports medicine physicians, coaches, trainers, athletes, and nutritionists. The first two editions of this book have been widely used in sports nutrition courses. *Nutrition in Exercise and Sport* is the standard in the field.

## Book Information

Series: Nutrition in Exercise & Sport (Book 13)

Hardcover: 704 pages

Publisher: CRC Press; 3rd edition (October 22, 1997)

Language: English

ISBN-10: 0849385601

ISBN-13: 978-0849385605

Product Dimensions: 1.8 x 7.5 x 10.5 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #622,706 in Books (See Top 100 in Books) #56 in Books > Politics & Social Sciences > Politics & Government > International & World Politics > Treaties #260 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #295 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine

[Download to continue reading...](#)

Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) Third Eye: Third Eye Activation Secrets (Third Eye Awakening, Pineal Gland, Third Eye Chakra, Open Third Eye) Nutrition for Sport and Exercise Osteoporosis: How To Treat

Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines)

Introduction to Sport Law With Case Studies in Sport Law 2nd Edition The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Sport and the Law: Historical and Cultural Intersections (Sport, Culture & Society) Game Faces: Sport Celebrity and the Laws of Reputation (Sport and Society) Female Gladiators: Gender, Law, and Contact Sport in America (Sport and Society) Third Eye Awakening: The Ultimate Guide on How to Open Your Third Eye Chakra to Experience Higher Consciousness and a State of Enlightenment (Third Eye, Pineal Gland, Chakra, Kundalini) Sport in the Making of Celtic Culture (Sport and Nation) Science of Sport: Squash (The Science of Sport) Foundations of Sport and Exercise Psychology With Web Study Guide-5th Edition Biomechanics of Sport and Exercise, 2nd Edition Foundations of Sport and Exercise Psychology 6th Edition With Web Study Guide T'ai Chi: The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense Biomechanics of Sport and Exercise, 3E Nutrition for Health, Fitness and Sport: 8th (Eighth) Edition Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)

[Dmca](#)