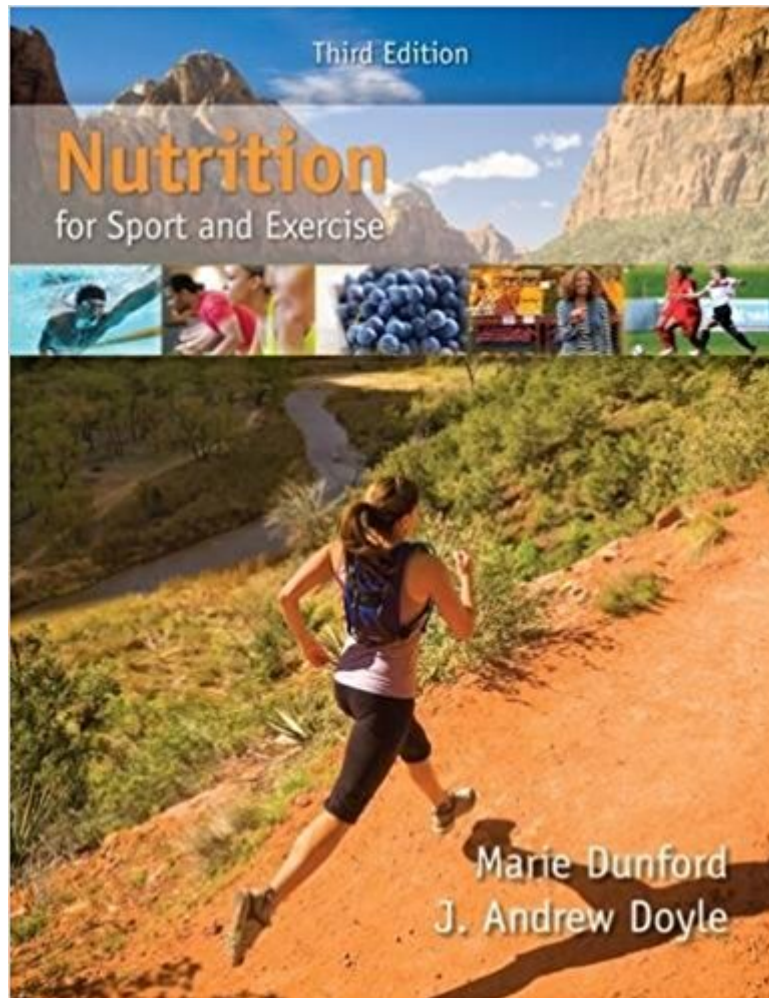




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Nutrition For Sport And Exercise



Synopsis

Insightful, well-organized, and clearly written, NUTRITION FOR SPORT AND EXERCISE, 3rd Edition, integrates nutrition and exercise physiology principles, emphasizing scientific reasoning and examining research studies to illuminate the evidence for current nutritional recommendations. In addition, the text helps you translate these nutrition recommendations to specific plans for the appropriate amount and type of foods, beverages, and/or supplements to support training, performance, and recovery. The authors carefully illustrate the links between exercise, nutrition, and the ultimate goals: optimal performance and health.

Book Information

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Customer Reviews

MARIE DUNFORD, Ph.D., R.D., has been involved in sports nutrition since the mid-1980s. In 1985, while a faculty member at California State University, Fresno, she created the curriculum for an upper-division course entitled "Nutrition and the Athlete." She taught the course for a total of 16 years, during which time she interacted with thousands of student athletes. This direct exposure to nutrition and exercise science majors and NCAA Division I athletes helped her to develop an understanding of how students learn and the sports nutrition topics that are the most difficult for students to master. In addition to this textbook, Dr. Dunford has written three other books and numerous online sports nutrition courses for nutrition and exercise professionals. She is an active member of SCAN--the Sports, Cardiovascular, and Wellness Nutritionists--a dietetic practice group of the American Dietetic Association, and a member of the American College of Sports Medicine. She is an avid recreational tennis player and a struggling student of French.

J. ANDREW DOYLE,

Ph.D., FACSM, is an Associate Professor of Exercise Physiology and the Director of the Applied Physiology Laboratory in the Department of Kinesiology and Health at Georgia State University, where he formerly served as the Department Chair. He received a B.S. in Zoology from Clemson University, an M.S. in Exercise Science from Georgia State University, and his doctorate in Exercise Physiology from the Ohio State University. He has taught exercise physiology, exercise testing and fitness assessment, and exercise programming at the undergraduate and graduate level for over 20 years. His research interests include carbohydrate metabolism and exercise and the role of physical activity, exercise, and fitness in health. He has conducted, published, and presented numerous research studies with cyclists, runners, and triathletes, and has extensive experience testing elite athletes from cycling, running, gymnastics, rowing, canoe and kayak, and basketball. Dr. Doyle is a Fellow of the American College of Sports Medicine.

This book was selected for a sports nutrition class, and honestly, it's filled with TONS of extra fluff, and then some great information, but you almost have to be really discerning to find exact answers for nutritional requirements. It seems like they could have left 2/3 of the book out, and you would be just fine with what would be left.

Great introductory book for sports nutrition! Understandable language and good examples. I liked the self-test and self-assessment sections to reinforce learning. Would recommend this book.

Very educational.

great book and great rental price

Book arrived in great conditions and as described. Great customer service. Thank you!

This book was required for a course I took. While, I thought it was expensive, it was informative and very well layed out.

Using this book for my nutrition class, and im quite surprised at all the info it has provided! Never knew so much in depth about sports nutrition until I received this book.

Fantastic! Superb for learning the latest in sports nutrition. Detailed and extensive.

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