



## Sports and Exercise Nutrition

By McArdle BS M.Ed PhD, William D.; Katch, Frank I.; Katch, Victor L.

Lippincott Williams & Wilkins, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction PART I: Food Nutrients: Structure, Function and Digestion, Absorption, and Assimilation The Macronutrients The Micronutrients and Water Digestion and Absorption of the Food Nutrients PART II: Nutrient Bioenergetics in Exercise and Training Nutrient Role in Bioenergetics Macronutrient Metabolism in Exercise and Training Measurement of Energy in Food and During Physical Activity PART III: Optimal Nutrition for the Physically Active Person: Making Informed and Healthful Choice Nutritional Recommendations for the Physically Active Person Nutritional Considerations for Intense Training and Sports Competition Making Wise Choices in the Nutrition Marketplace PART IV: Thermoregulation and Fluid Balance During Heat Stress Exercise Thermoregulation, Fluid Balance, and Rehydration PART V: Purported Ergogenic Aids Pharmacologic and Chemical Ergogenic Aids Evaluated Nutritional Ergogenic Aids Evaluated PART VI: Body Composition, Weight Control, and Disordered Eating Behaviors Body Composition Assessment and Sport-Specific Observations Energy Balance, Exercise, and Weight Control Disordered Eating Appendix A Nutritive Values for Common Foods, Alcoholic and Nonalcoholic Beverages, and Specialty and Fast-Food Items Appendix B Energy Expenditure in Household, Occupational, Recreational, and Sports Activities Appendix C Assessment of Energy and Nutrient Intakes: Three-Day Dietary Survey Appendix D Body Composition Assessment Appendix E...

### Reviews

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HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...

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### [DK Readers L3: Extreme Sports \(Paperback\)](#)

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. 216 x 183 mm. Language: English . Brand New Book. Are you ready for the ultimate book on daredevil sports? Whether it s steep skiing or freestyle motorcross -- this book...

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Some Americans who were born and raised during the Great Depression, have passed from this life although...

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Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...

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