

# Clinical sports nutrition

## McGraw-Hill - Clinical Sports Nutrition Information Center:



Description: -

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- Neurons -- physiology.
- Neurons -- cytology.
- Neurons.
- Molecular neurobiology.
- Sports -- Physiological aspects.
- Athletes -- Nutrition.
- Sports Medicine.
- Sports -- physiology.
- Nutrition.Clinical sports nutrition

-Clinical sports nutrition  
Notes: Includes bibliographical references and index.  
This edition was published in 2006



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### Clinical Sports Nutrition Information Center:

Louise was appointed as the Dietitian to the Australia Olympic Team for the 1996-2012 Summer Olympic Games, and is a Fellow of Sports Dietitians Australia, Sports Medicine Australia and the American College of Sports Medicine. In 2009 she received a Citation Award from the American College of Sports Medicine and the Medal of the Order of Australia in recognition of her work in sports nutrition.

### Clinical Sports Nutrition by Louise Burke

Clinical Sports Nutrition 5e is a cornerstone of the Sports Medicine series offered by McGraw-Hill. Most of the authors are knowledgeable practitioners in the field, but not all are active investigators in the field. The difference between CSN and other texts is that it is written by experts for sports nutrition professionals but remains a pleasurable read without sacrificing the expert knowledge.

### Clinical Sports Nutrition : Louise Burke : 9781743073681

In reality, however, readers are required to have substantial prior knowledge and experience in nutritional science and clinical sports nutrition to understand the issues and maximize the value of the book.

### Clinical Sports Nutrition by Louise Burke

Contributions come from leading academics, physicians, and sports dieticians in Australia, Canada, the United States, the United Kingdom, and Finland. However, it will not serve as an ideal textbook for the average undergraduate student in this field because of the overly brief coverage of introductory material. Here you will find content and resources specific to this text, which are designed to help you succeed in your course.

### Clinical Sports Nutrition by Louise Burke

Her involvement with elite athletes dates back to her initiation of the nutrition services at the Australian Institute of Sport in 1985 and in her capacity as the Nutrition Performance Manager at the ACT Academy of Sport. This complete practical and clinical reference provides the latest sports nutrition information, drawing on scientific research from around the globe. The first edition of CSN in 1994 was a pioneering textbook that brought practical sports nutrition to the fore.

## **Clinical Sports Nutrition.**

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### **Clinical Sports Nutrition : Louise Burke : 9781743073681**

Chapter 1: Physiology of sports Chapter 2: Dietary assessment of the athlete Chapter 3: Physique assessment of the athlete Chapter 4: Protein Chapter 5: Energy requirements of the athlete Chapter 6: Weight loss and the athlete Chapter 7: making weight Chapter 8: Eating disorders and disordered eating in athletes Chapter 9: Bone, calcium, vitamin D and exercise Chapter 10: Prevention, detection and treatment of iron depletion and deficiency in athletes Chapter 11: Micronutrients Chapter 12: Preparation for competition Chapter 13: Competition, fluid and fuel Chapter 14: Nutrition for recovery after training and competition Chapter 15: Nutritional strategies to enhance fat oxidation during aerobic exercise Chapter 16: Supplements and sports foods Chapter 17: Nutritional issues for young athletes, children and adolescents Chapter 18: Nutrition issues for the master athlete Chapter 19: Special needs for the athlete with diabetes Chapter 20: Athletes with gastrointestinal disorders, food allergies and food intolerance Chapter 21: Special needs: the paralympic athlete Chapter 22: Immunity, infective illness and injury Chapter 23: Medical and nutritional issues for the travelling athlete Chapter 24: Altitude, cold and heat Chapter 25: Catering for athletes. Anthony Meade, MND, APD Sports Dietitian, President, Sports Dietitians Australia Richmond, Victoria, Australia Dietitian, The Queen Elizabeth Hospital and Health Service Woodville, South Australia, Australia. Contributions come from leading academics, physicians, and sports dieticians in Australia, Canada, the United States, the United Kingdom, and Finland.

### **Clinical Sports Nutrition / Edition 5 by Louise Burke, Vicki Deakin**

ABOUT THE AUTHORS Louise Burke PhD, BSc, Grad Dip Diet, FSMA, FACSM, OAM, APD Head, AIS Sports Nutrition Chair in Sports Nutrition, Mary MacKillop Institute for Health Research Louise has been the Head of Sports Nutrition at the Australian Institute of Sport since 1990 and also holds a Chair in Sports Nutrition at Australian Catholic University. Each chapter contains specific reviews followed by practice tips.

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