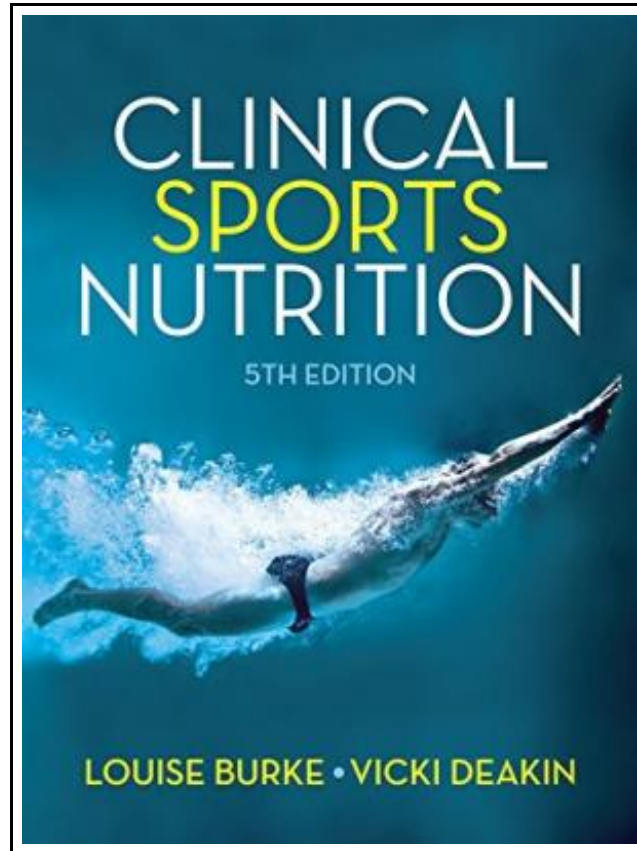


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McGraw-Hill Education - Europe, Australia, 2015. Paperback. Book Condition: New. 5th Revised edition. 95 x 71 mm. Language: English . Brand New Book. This fourth edition of Clinical Sports Nutrition continues to integrate the science and practice of sports nutrition. Each chapter is specifically formatted to combine the viewpoints of two sports nutrition experts: the scientific principles underpinning each issue are reviewed by an internationally recognized nutritionist with extensive research experience, while a sports dietitian summarizes the practice tips that can be drawn from these principles. TOPICS INCLUDE Measuring the nutritional status of athletes Assessing the physique of the athlete Weight loss and making weight Fluid and carbohydrate intake during exercise Prevention, protection and treatment of iron deficiency and depletion Supplements and sports foods Requirements for special athletic populations (e.g. athletes with diabetes, and vegetarians) and environments (e.g. training at altitude) NEW FEATURES INCLUDE Updates in the consensus viewpoints from international bodies such as the International Olympic Committee and the American College of Sports Medicine International contributors from Australia, the UK, Canada and the USA Revised design to aid navigation and readability.



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