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Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (Hardback)

By -

Elsevier Science Publishing Co Inc, United States, 2013.
Hardback. Book Condition: New. 274 x 218 mm. Language: English . Brand New Book. Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength provides a comprehensive overview to understanding the integrated impact of nutrition on performance. The book is divided into five main themes: * An introductory overview of the role of nutrition in human health* Various types of physical exercises, including cardiovascular training, resistance training, aerobic and anaerobic exercise, bioenergetics, and energy balance. This section also covers the nutritional requirements associated with various fitness programs, as well as exercise and nutritional requirements in special populations, including the pre-pubertal, young, elderly, and disabled. * Sports and nutritional requirements.* The molecular mechanisms involved in muscle building * A thorough review of various food, minerals, supplements, phytochemicals, amino acids, transition metals, small molecules and other ergogenic agents that have been implicated in muscle building and human performance This book is an ideal resource for nutritionists, dietitians, exercise physiologists, health practitioners, researchers, students, athletes, trainers, and all those who wish to broaden their knowledge of nutrition and its role in human performance. * Discusses the impact of nutrition, including food, minerals, vitamins, hormones, trace...

Reviews

A new e book with a brand new standpoint. I am quite late in start reading this one, but better then never. I discovered this ebook from my i and dad advised this publication to understand.

-- Jada Franecki II

Here is the very best book i have got read through until now. I could possibly comprehended everything using this composed e publication. You will not sense monotony at whenever you want of your time (that's what catalogues are for concerning should you ask me).

-- Izaiah Schowalter