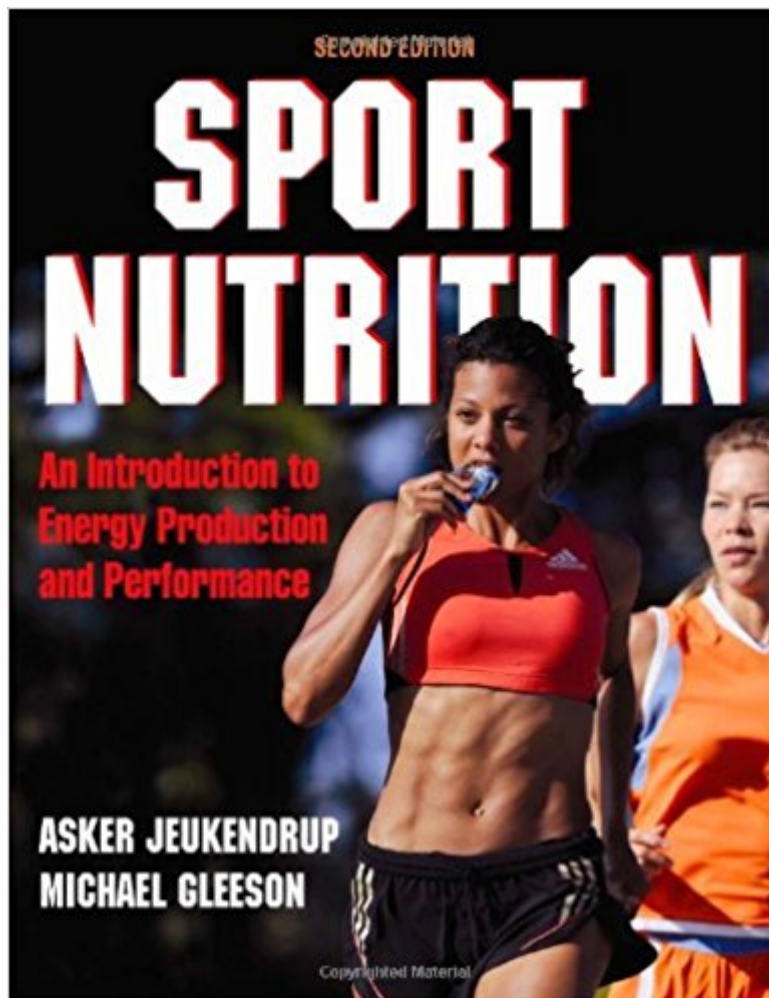




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# Sport Nutrition - 2nd Edition



## Synopsis

The new edition of *Sport Nutrition: An Introduction to Energy Production and Performance* presents the principles, background, and rationale for current nutrition guidelines specifically for athletes. Using a physiological basis, this text provides an in-depth look at the science behind sport nutrition. Students will come away with a comprehensive understanding of nutrition as it relates to sport and the influence of nutrition on exercise performance, training, and recovery. The chapters and the material within each chapter are sequenced in a logical order that will help instructors deliver a better course and spend less time in preparing lectures and tutorials. Instructors will also enjoy the completely new ancillaries with this edition, including an online instructor guide, test package, PowerPoint presentation package, and image bank. This text contains updated and expanded information to keep students current on the latest findings in sport nutrition:

- A new chapter on training adaptations, including effects of nutrition on overtraining
- New information on weight management and body composition for athletes
- New research on carbohydrate and new recommendations for carbohydrate intake during training
- An expanded discussion on the role of protein in strength and endurance exercise training
- The latest information on exercise, nutrition, and immune function

The new content complements the strong foundational information that the authors provided in the previous edition, including fuel sources for muscle and exercise metabolism, energy requirements for various sports, and a complete grounding in the macronutrients (carbohydrate, fat, and protein) and the micronutrients (vitamins and minerals). With more than 200 illustrations, new highlight boxes, and tables and sidebars throughout the text, students will be able to more easily grasp the scientific concepts presented in this text. Each chapter also includes learning objectives, key terms, and key points to help readers retain the information. The text presents not only nutrition principles but also the exercise biochemistry involved and the energy needs of athletes. Readers will better understand how supplements may be used in an athlete's diet, and they will learn how to separate fact from fallacy regarding the claims of the numerous nutritional supplements available today. More than a simple prescription of recommendations, this second edition of *Sport Nutrition* features a unique presentation that facilitates readers' understanding of the science supporting the nutrition recommendations. As a result, students will be prepared for advanced study and future careers, and professionals will gain the knowledge and confidence to provide sound advice to athletes.

## Book Information

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## Customer Reviews

Asker Jeukendrup, PhD, is a professor of exercise metabolism in the School of Sport and Exercise Sciences at the University of Birmingham in Edgbaston, Birmingham, UK. He is an active researcher credited with many of the new findings in sport nutrition in the past decade. He is a registered sport and exercise nutritionist, having worked with many elite athletes and clubs, including the professional cycling team Rabobank, the Chelsea Football Club, UK Athletics, the British Olympic Association, African runners, and several Olympic and world champions. Å Å Jeukendrup has published extensively in sport nutrition and was an invited delegate to the IOC Consensus Conference on Sports Nutrition in Lausanne in 2003. He is a fellow of the American College of Sports Medicine and the European College of Sport Sciences, the Physiological Society, the Nutrition Society, BASES, the New York Academy of Sciences, and the American Diabetic Association. He is also the editor of the European Journal of Sport Sciences. In his leisure time, he enjoys running, cycling, and competing in triathlons. He has completed more than 17 Ironman-distance races, including the Ironman Hawaii four times. Å Å Michael Gleeson, PhD, is a professor of exercise biochemistry in the School of Sport, Exercise and Health Sciences at Loughborough University in Loughborough, Leicestershire, UK. Gleeson is an active researcher in sport nutrition and has worked with numerous world-class athletes and professional football clubs. He has taught sport nutrition at the university level and has published extensively in scientific and medical journals. He also was an invited delegate to the IOC Consensus Conference on Sports Nutrition in Lausanne in 2003. He has a particular interest and expertise in the effects of exercise, training, and nutrition on immune function and has been both vice president and president of the

International Society of Exercise and Immunology. Å Å Gleeson is also a fellow of the European College of Sport Sciences and a member of the American College of Sports Medicine, the Physiological Society, and the British Association of Sport and Exercise Sciences. He enjoys playing tennis, hill walking, and watching football and films.

This book was great! Quite interesting and much needed for my Sports Nutrition college class. I recommend this book for any college students in Exercise Science courses, or anyone who wants to learn more about the body, anatomy, and about responses to exercise. It is cheap to rent, and a good read.

Hoping a newer edition comes out soon. The book is well written and easy to read, while being appropriately complex and filled with information.

Dr. Jeukendrup is one of the most innovative researchers in both exercise science and nutrition. This book provides an excellent overview of every imaginable aspect of sport nutrition. Even includes information on nutrient timing, which most text ignore. Great for anyone with a science background looking into the sport specific aspects of nutrition.

Poorly written and organized. Lacks good, clear practical applications.

Absolutely love this book - It's a must-have for any sports nutritionist. Provides detailed, evidenced-based information, great visuals/tables, and practical examples/recommendations.

This is a great book, but if you don't have a very strong knowledge of nutrition you will struggle with some of the terminology. Some of the things in here I didn't learn until my late nutrition classes. A good book, but be prepared for something very high level.

This book really expands on the first nutrition class that I took. It helps you to establish a baseline as an athlete.

It is loaded with current research to show how the points are supported. It can be difficult to read because of the chemistry but that is part of sports nutrition.

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