Sport and Exercise Nutrition

This NS Textbook on Sport and Exercise Nutrition has been written to cover the latest information on the science and practice of sport and exercise nutrition.

A key concept behind this textbook is that it aims to combine the viewpoints of world leading nutrition experts from both academia/research and a practical standpoint. Plus where necessary there are additional practitioner based authors to ensure theory is translated into practice for each chapter in the form of either 'practice tips' or 'information sheets' at the end of relevant chapters.

Publication Year: 2011
Edition: 1st
Author/Editor: Lanham-New, Susan; Stear, Samantha; and others
Publisher: Wiley
Doody’s Star Rating®: ★★★★★ Score: 100
Platform: Ovid
Product Type: Book
Speciality: Nutrition & Dietetics, Sports Medicine
Language: English
Pages: 400
Illustrations: 0
Included In: Wiley Doody’s Premier Titles Collection 2014