100 Questions & Answers About Sports Nutrition and Exercise

Provides easily accessible answers to questions that athletes, athletic trainers and coaches may have about sports nutrition.

Equipped with case studies, quick tips, and testimonials, this practical guide covers topics such as: vitamins and minerals, fluids, medications and supplements, weight management, warm ups and cool downs, flexibility, and more.

Publication Year: 2010
Edition: 1st
Author/Editor: Al-Masri, Lilah; Bartlett, Simon
Publisher: Jones & Bartlett Learning
ISBN: 978-0-763-77886-6
Doody's Star Rating®: ★★★★★ Score: 97
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Nutrition & Dietetics, Sports Medicine
Language: English
Pages: 256
Illustrations: 0
Included In: Jones & Bartlett 100 Q & A's Book Collection, Jones & Bartlett Doody's Premier Books Collection 2014