This workbook provides expanded or alternative activities that will broaden
students’ understanding of sports nutrition.

Features of this workbook include:
* Real-life examples, problems, and case studies from the sports nutrition field
* Exercises and activities to help students review chapter topics and assess their
  own health behaviors in relation to these topics
* Crossword puzzles using key terms encountered by sports nutrition
  professionals

Publication Year: 2009
Edition: 1st
Author/Editor: Fink, Heather Hedrick; Burgoon, Lisa A.; Mikesky, Alan E.
Publisher: Jones & Bartlett Learning
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Primary Care/Family Medicine/General Practice
Language: English
Pages: 114
Illustrations: 0