



Nutrition and Metabolism in Sports, Exercise and Health (Paperback)

By Jie Kang

Taylor Francis Ltd, United Kingdom, 2018. Paperback. Condition: New. 2nd New edition. Language: English . Brand New Book. The second edition of Nutrition and Metabolism in Sports, Exercise and Health offers a clear and comprehensive introduction to sport and exercise nutrition, integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science underpinning physiological and metabolic processes. Informed by the latest research in this fast-moving discipline, the book includes brand-new sections on, amongst others: * Cellular structure for metabolism * Alcohol and metabolism * Uncoupling protein and thermogenesis * Dietary guidelines from around the world * Nutrient timing * Protein synthesis and muscle hypertrophy * Protein supplementation * Ergogenic effects of selected stimulants * Nutritional considerations for special populations * Dehydration and exercise performance Each chapter includes updated pedagogical features, including definitions of key terms, chapter summaries, case studies, review questions and suggested readings. A revised and expanded companion website offers additional teaching and learning features, such as PowerPoint slides, multiple-choice question banks and web links. No book goes further in explaining how nutrients function within our biological system, helping students to develop a better understanding of the underlying mechanisms and offering the best...



READ ONLINE

[1.21 MB]

Reviews

The ideal pdf i at any time go through. It is really basic but unexpected situations from the fifty percent of your pdf. Its been designed in an extremely easy way and is particularly only after i finished reading this pdf through which really changed me, alter the way i really believe.

-- Prof. Kendrick Stracke

Complete information for ebook fans. It is actually full of knowledge and wisdom I am pleased to inform you that this is basically the very best pdf we have read through inside my very own daily life and can be he very best ebook for ever.

-- Gideon Morissette