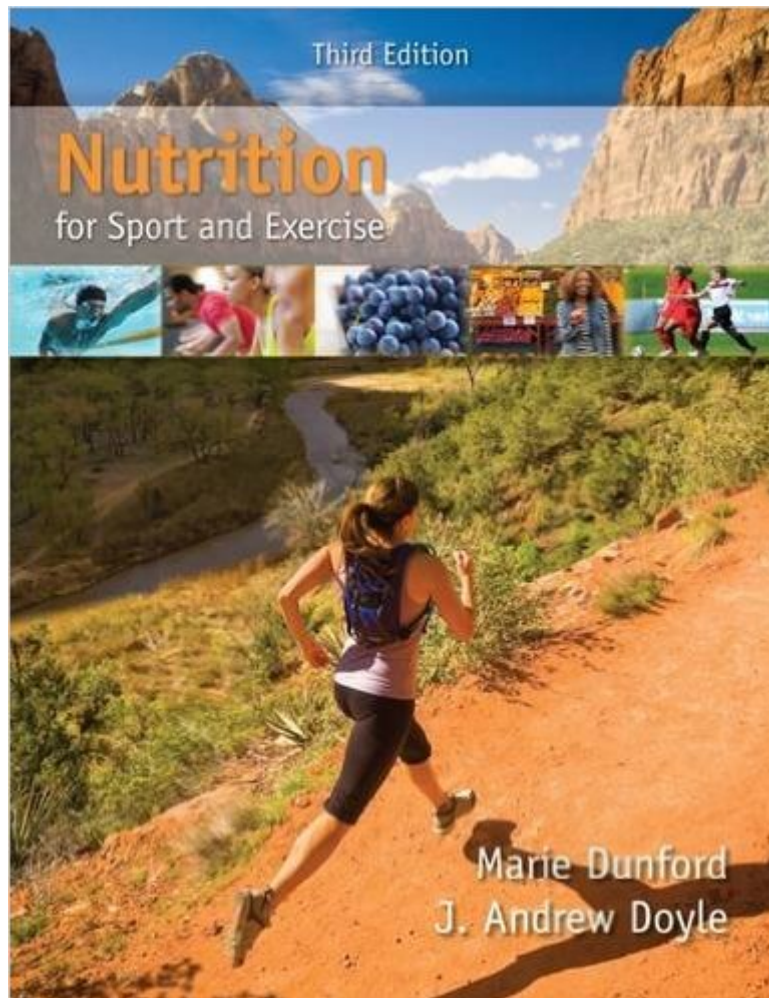


The book was found

# Nutrition For Sport And Exercise



## Synopsis

Insightful, well-organized, and clearly written, NUTRITION FOR SPORT AND EXERCISE, 3rd Edition, integrates nutrition and exercise physiology principles, emphasizing scientific reasoning and examining research studies to illuminate the evidence for current nutritional recommendations. In addition, the text helps you translate these nutrition recommendations to specific plans for the appropriate amount and type of foods, beverages, and/or supplements to support training, performance, and recovery. The authors carefully illustrate the links between exercise, nutrition, and, the ultimate goals: optimal performance and health.

## Book Information

Paperback: 624 pages

Publisher: Cengage Learning; 3 edition (February 3, 2014)

Language: English

ISBN-10: 128575249X

ISBN-13: 978-1285752495

Product Dimensions: 8.4 x 0.9 x 10.7 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #42,743 in Books (See Top 100 in Books) #14 inÂ Books > Textbooks >

Medicine & Health Sciences > Nursing > Clinical > Nutrition #18 inÂ Books > Medical Books >

Nursing > Medical Nutrition #21 inÂ Books > Medical Books > Medicine > Sports Medicine

## Customer Reviews

I am a registered dietitian and work with a very active military population. I used the Kindle version of Dunford's Nutrition for Sports and Exercise on my iPad, iMac and iPhone to prepare for the CSSD exam, and it was my favorite and most used reference material for the Board Exam. I chose the Kindle version for a few key reasons:1. I live overseas and it was faster. When you are a working person with limited time to study, waiting a few weeks for a paperback to get delivered isn't very reasonable.2. It was cheaper. Yep. Money.3. I can take my iPad and iPhone pretty much anywhere. If a meeting doesn't start on time or I am stuck on a train or something for a few hours, I don't have to lug an entire 600+ page textbook to sneak in those extra minutes (sometimes hours) of study time. Much better than I did in college, which involved destroying the spine of really expensive text books so I could study on-the-go while studying abroad!4. I am lazy and reading is not my best learning style -- there are some "cheats" you can do to get your Mac to read a textbook

to you while you follow along. The Kindle version of this book considers highlighting to have the book read to you "copying," so you'll only make it through about chapter 2-3 doing that. However, if you highlight a section then click "Google" you can have the section of text copied to a Google search window and click Option+Escape (Google "How to make your Mac read to you" if you aren't familiar with this).<sup>5</sup> This book allows you to make highlights and notes, search the text and create your own flashcards along the way while you are read. There is also a handy function that lets you make flashcards from the vocabulary words, which I loved.<sup>6</sup>

[Download to continue reading...](#)

Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Nutrition for Sport and Exercise Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Sport and the Law: Historical and Cultural Intersections (Sport, Culture & Society) Game Faces: Sport Celebrity and the Laws of Reputation (Sport and Society) Female Gladiators: Gender, Law, and Contact Sport in America (Sport and Society) Sport in the Making of Celtic Culture (Sport and Nation) Introduction to Sport Law With Case Studies in Sport Law 2nd Edition Science of Sport: Squash (The Science of Sport) T'ai Chi: The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense Foundations of Sport and Exercise Psychology With Web Study Guide-5th Edition Biomechanics of Sport and Exercise, 2nd Edition Foundations of Sport and Exercise Psychology 6th Edition With Web Study Guide Biomechanics of Sport and Exercise, 3E Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen,Tone and Heal Your Body) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1)

[Dmca](#)