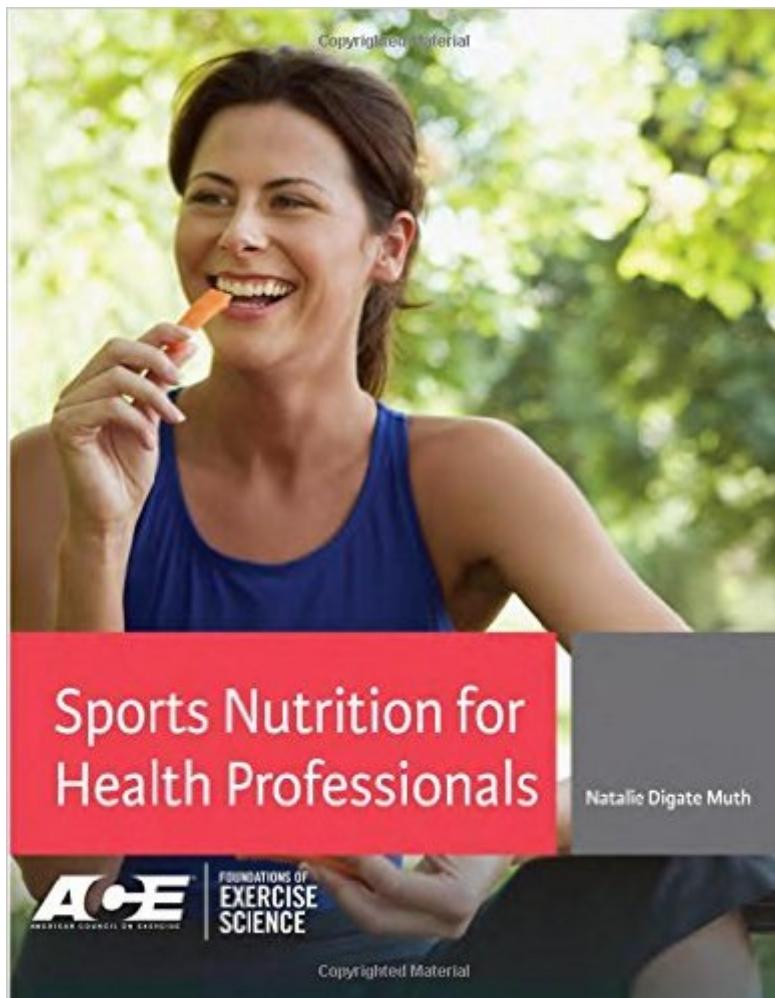


The book was found

Sports Nutrition For Health Professionals



Synopsis

Develop the knowledge base you need to integrate the science of nutrition and the latest evidence into your scope of practice. Explore the relevance of sports nutrition to each of the major allied health professions and understand the role it plays in each. Step-by-step, you'll learn about the scientific basis of sports nutrition and how to apply the physiology to real-life situations and interactions with clients. You'll follow four different clients as they are evaluated by a variety of health professionals and undergo a series of assessments and self-administered tests. From the relationship between nutrition and exercise to new foods, supplements, and special diets, you'll be prepared to educate clients about the relationship between nutrition and exercise and to evaluate and optimize their nutritional status. Explore MORE online at DavisPlus! The Plus Code, inside new, printed texts, unlocks a wealth of instructor and student resources online at DavisPlus, including your Davis Digital Version, your complete text online. You'll also have access to physiology animations, online questions, interactive case studies, and audio podcasts.

Book Information

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Customer Reviews

Very flip-floppy on macro nutrient composition that is "optimal" for performance or weight loss. Everyone's different. And most research is low-quality so what can you do. It doesn't tell you that everyone's different and do what works for you, it just says different things in different sections. Sometimes it parrots the food pyramid crap like older nutrition books, other times it says fats are great and low-carb works for a lot of people. Other times it acts like you're going drop dead from the

apparent impossibility of glucose/glycogen replenishment from protein and fat stores that may or may not have been mentioned somewhere else in the book. Says low-carb is a myth perpetrated by psychopaths that has not been confirmed by research to be of any benefit, then lower in the page says low-carb may be beneficial for weight control, diabetes control, and heart disease. Mentions Glycemic index and load. Should also include Insulin Index/Load. Should say that whole-wheat/wholemeal bread are not low GI foods (whereas true whole-grain with intact unmolested kernels do have a low insulin response) . Does not discuss glucose response w.r.t mixed meals. Despite this, it is actually good in comparison to other books of the same type. So it gets 4 stars from me.

Personally don't like it. I have to get it for class but don't enjoy the material contained in it. I have studied from countless other nutrition books and have found this book to contradict those on almost every level. To the point where this book has even considered Cornflakes "a nutrient dense breakfast" .. Crock of you know what

Good overview of basic fundamentals of biochemistry and physiology in relation to undergraduate level introduction to nutrition for physical activity and allied healthcare objectives.

Was exactly the book I was looking for, in great condition.

Love it!

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