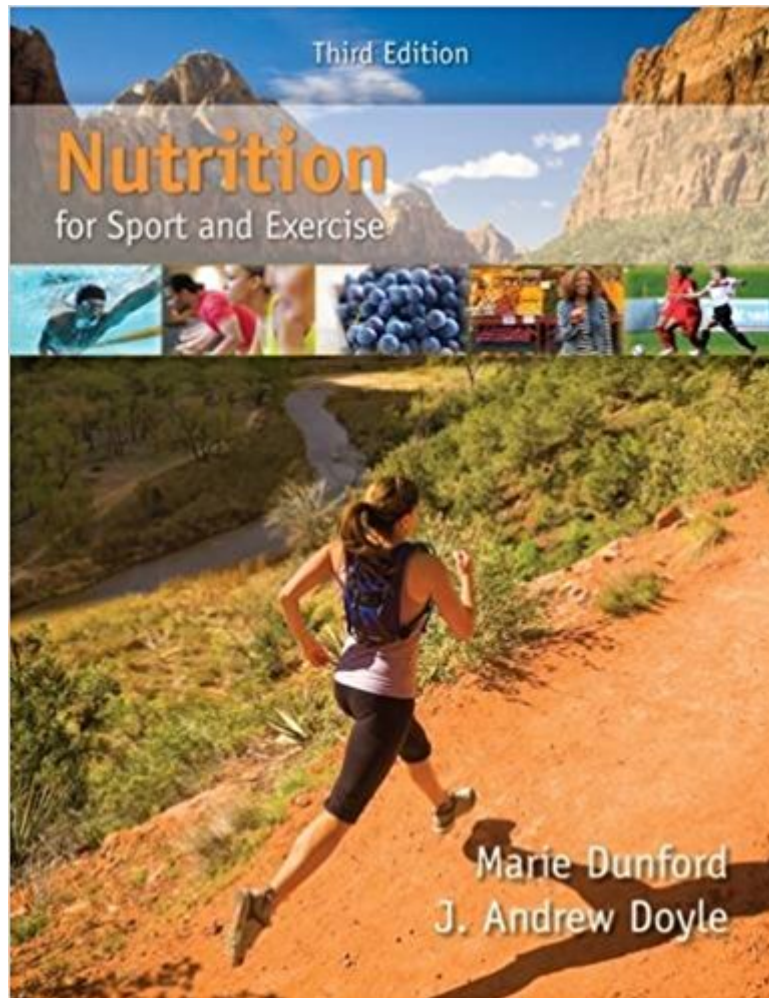




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Nutrition For Sport And Exercise



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

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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).5. 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.6.

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