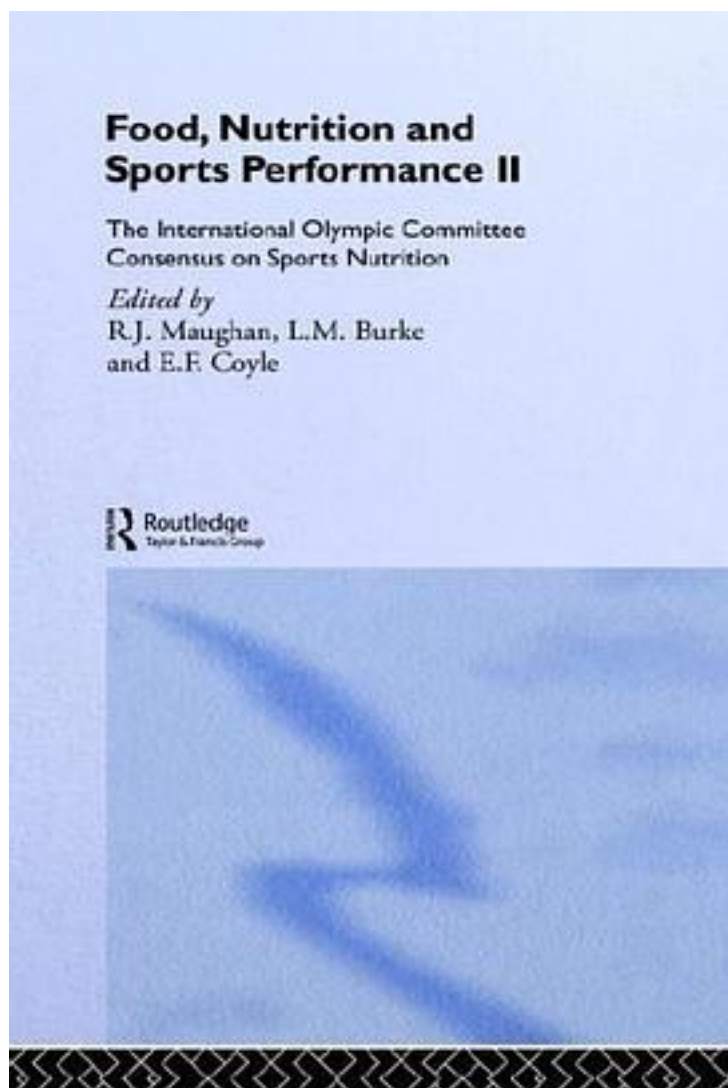


Food, Nutrition and Sports Performance II



[Food, Nutrition and Sports Performance II_下载链接1](#)

著者:R. J. Maughan

出版者:Routledge

出版时间:2004-06-17

装帧:Hardcover

isbn:9780415339063

This book summarizes the latest meeting of the world's leading researchers in sports nutrition, held at the IOC headquarters in Lausanne, Switzerland. The aim of the conference was to review the latest developments in the world of sport nutrition, to follow up on developments since the previous 1991 conference, and to draw up guidelines to help athletes and coaches optimise their performance by using nutrition to support training and maximise performance in competition. Subjects discussed in this cutting-edge collection include: * energy balance and body composition * the role of carbohydrates * the role of proteins and amino acids * athlete fluid and electrolyte requirements * the use of dietary supplements for optimum performance and immune function.

作者介绍:

目录:

[Food, Nutrition and Sports Performance II_下载链接1](#)

标签

Sports

Nutrition

Food

评论

[Food, Nutrition and Sports Performance II_下载链接1](#)

书评

[Food, Nutrition and Sports Performance II_下载链接1](#)