

# The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, Sports Nutrition (Volume XIX)

By Ronald J. Maughan



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It is well understood that proper nutrition has a significant impact on sports performance. All of the essential nutrients must be supplied in the right amounts and at the right times for an athlete to achieve optimal health and performance. In addition, when devising eating strategies that will help athletes meet their goals, sports nutritionists must take account of personal preferences, social and cultural issues, and a whole range of other factors.

This latest volume in the *Encyclopaedia of Sports Medicine* series, published by Wiley in partnership with the Medical Commission of the International Olympic Committee, *Sports Nutrition* covers this dynamic field in unparalleled depth and breadth, from the scientific underpinnings of nutritional science to the development of practical nutritional programs for athletes in a range of sports. Written and edited by the world's leading authorities on nutrition in sports, this timely new reference:

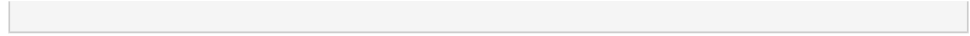
- Provides comprehensive coverage of nutrition for both individual and team sports
- Presents current knowledge of macronutrients, micronutrients, and dietary supplements for the athlete, outlining both benefits and risks
- Offers clear guidance on the unique nutritional needs of special populations of athletes, such as vegetarian athletes, young athletes and aging athletes
- Includes chapters on the clinical nutritional needs of diabetic athletes and athletes with weight management issues
- Carries the full endorsement of the IOC Medical Commission



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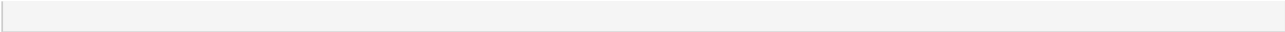
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### Editorial Review

#### Review

“The second edition of his book promises new information on the important interactions between nutrition, training and tissue adaptations, as well as insights into the signalling pathways that modulate gene expression in response to training and diet, and linkages between training responses in the brain and peripheral tissues.” (*Applied Physiology, Nutrition and Metabolism*, 1 December 2013)

#### From the Back Cover

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#### About the Author

**Ronald J. Maughan** is Professor of Sport and Exercise Nutrition at Loughborough University, a Fellow of the American College of Sports Medicine, and Chairman of the Sports Nutrition Working Group of the Medical Commission of the International Olympic Committee. In addition to his academic work and appointments he has worked with many teams and organizations in football (soccer) and other sports. Dr Maughan is has authored or edited several books on sports nutrition and exercise science. He is a member of the Editorial Board of the *International Journal of Sports Nutrition & Exercise Metabolism*, and serves or has served in editorial roles on several other sports science journals. He has published extensively on subjects in sports nutrition and sports science.

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This The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, Sports Nutrition (Volume XIX) is great guide for you because the content that is certainly full of information for you who also always deal with world and get to make decision every minute. This specific book reveal it information accurately using great plan word or we can claim no rambling sentences inside. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but hard core information with attractive delivering sentences. Having The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, Sports Nutrition (Volume XIX) in your hand like having the world in your arm, details in it is not ridiculous a single. We can say that no reserve that offer you world with ten or fifteen tiny right but this book already do that. So , this is good reading book. Hey Mr. and Mrs. busy do you still doubt that?

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