



## Nutrition for Sport & Exercise –



Marie Dunford and  
Nutrition for Sport and Exercise



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Teaching you how to interpret and apply scientific data, Dunford/Doyle's Diet FOR SPORT AND EXERCISE, 4th Edition, emphasizes the scientific basis to get sports activities nourishment suggestions and highlights current research studies of trained athletes. The text can help you translate current nourishment recommendations and guidelines into specific plans for the appropriate amount and type of foods, drinks and/or health supplements to support training, functionality and recovery--for a variety of sports. Complete explanations of the connection between exercise and nourishment help you reach the best goals--optimal performance and health. In addition, MindTap Nutrition offers a wealth of digital assets to greatly help maximize your study time. Providing you in-depth insight, whole chapters are specialized in diet planning, disordered eating and workout patterns in sportsmen and lifelong fitness and health.



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My favorite CSSD study reference (Board Certified Specialist in Sports Dietetics) I actually am a registered dietitian and utilize a very active army inhabitants. Superb for learning the latest in sports nutrition. I find the Kindle version for some key reasons: 1. Understandable language and good examples. It was very useful and something I can use also after my class is over and apply it towards my major as well. 2. It had been 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 trapped on a train or something for a few hours, I need not lug a whole 600+ page textbook to sneak in those extra moments (sometimes hours) of study time. Never knew so much in depth about sports nutrition until I received this publication. I am lazy and reading is not my best learning design -- there are several "cheats" that can be done to get your Mac to learn a textbook for you while you follow along. 4. 6. However, in the event that you highlight a section then click "Google" you could have the section of text message copied to a Google search windowpane and click Choice+Escape (Google "Steps to make your Mac read for you" if you aren't familiar with this). 5. This book enables you to make highlights and notes, search the written text and generate your own flashcards along the way while you are read. There is also a handy function that lets you make flashcards from the vocabulary phrases, that I loved. The Kindle version of this publication considers highlighting to have the publication read for you "copying," so you'll only make it through about chapter 2-3 doing that. Being able to search the complete text for a certain word or phrase is heaven. So far as content, it is thorough, which some individuals are certain to get annoyed with. There is actually information/reference to WHY about factors, which I feel helps to enhance understanding. 00 and the book is not in my library, what's going on? If you're a Diet major, adult exercise research/ exercise science major or really anything to do with this, I would invest in this book and purchase it! Tested CSSD Preparation Tool which also has good quick references for common calculations. Using this book to get my nutrition class, and I'm quite amazed at all the info it offers provided! Sports Diet: A Practice Manual for Professionals I learned a lot from this reserve! The Academy's placement papers suggested for review on the CDR/SCAN website are also fairly important and easy reads. Overall a great book and resource -- a detailed look for those new to sports nourishment, and a good review material for all those folks who practice it every day but need a refresher. This reserve convinced me I have to buy a real Kindle rather than using my iPad. and it was very helpful. I am kind of bummed that I just . It seems like they could have left 2/3 of the book out, and you'd be just fine with what would be left. This book was selected for a sports nutrition class, and honestly, it's filled up with A great deal of extra fluff, and some great information, nevertheless, you almost have to be really discerning to find exact answers for nutritional requirements. Took a Sports Diet class last semester online and though we still had a whole lot of power factors, I used the publication ALOT! I rented this, and it had been very useful. I am kind of bummed that I only rented it, but I simply could not spend the money for expensive price tag on this bad boy. When you are a working person with limited period to study, waiting a few weeks for a paperback to get delivered isn't very reasonable. for a quick overview, nonetheless it is more of a reference material for dietitians when compared to a teaching tool -- the layout is significantly lacking and the army nutrition component is incredibly too brief. Didn't disappoint. The questions at the end of the chapters aren't a good reflection of what will be on the CSSD exam, I would recommend Michelle Rockwell's SPORTS DIETETICS: Practiced, Proven & and then some very nice information, nevertheless, you almost need to be really ..... Five Stars Fantastic! I used the Kindle edition of Dunford's Diet for Sports and Workout on my iPad, iMac and iPhone to prepare for the CSSD exam, and it had been my favorite & most used reference materials for the Board Examination. Would recommend this publication. Good easy read. Very educational. Great text! Great introductory book for sports nutrition! I live abroad and it was faster. I liked the self-test and self-evaluation sections to bolster learning. Detailed and extensive. Five Stars great publication and great rental price Get your nutrition studying on with this phenomenal book! I also used Much better than I did in college, which involved

destroying the backbone of really expensive text message books so I could study on-the-move while studying abroad! Good Good Satisfied Great condition! can someone hlp me out I simply bought this digital ebook, and downloaded the kindle for pc and kindle for iPhone, but my invoice says \$0. Additionally, there are examples of specific athletes, so there is some software.



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