

# NUTRITION FOR SPORT, EXERCISE, AND HEALTH



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Nutrition for Sport, Exercise, and Health



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Nutrition for Sport, Exercise, and Wellness includes applied content and research-based recommendations to help college students distinguish between nutrition suggestions backed by technology and the plethora of misinformation available in the field. population-structured nutrition considerations for schooling and sports activities; Part II focuses on each macronutrient and its own role in health and disease, as well as dietary recommendations that support health and an active lifestyle. Principles are offered in a user-friendly way, and each chapter includes a number of features that enhance understanding:

- nourishment in health insurance and disease prevention; This comprehensive resource blends nutrition and workout science with practical info to provide a clear understanding of how nutrition affects sports, exercise, and general health.
- The accessible presentation of material keeps learners from getting too bogged down in analysis, and the text offers real-world applications. Terms help students concentrate on essential vocabulary. The full-color text message includes a lot more than 70 photos and a lot more than 140 illustrations alongside digestible, engaging writing. the need for hydration and electrolyte balance; Students and professionals alike will benefit from the broad coverage found in Nutrition for Sport, Exercise, and Health.
- College students may also discover career possibilities open to them, including qualifications and work responsibilities for every position. The key terms are determined at the beginning of the chapter, come in boldface within the chapter, and are included within the glossary, where they are described. and practical information on measuring and altering body composition. Content material is arranged in a logical sequence, with each chapter building upon the info previously presented.
- HAVE YOU ANY IDEA? sidebars are brief callouts that provide key insights and easy takeaways for students.
- Review questions help learners identify areas they may need to revisit in addition to reinforce key concepts. Putting It Into Perspective sidebars contain small vignettes that help college students relate to this content and apply the principles with their own lives. Partly I, the reader is provided with a synopsis of the role nourishment plays in overall well-being within a person's life. Nourishment for Sport, Workout, and Health addresses the fundamentals of nutrition, including the functions of and daily allowances for carbohydrate, fat, and protein, in addition to micronutrient recommendations; The function of micronutrients in health insurance and performance is covered partly III. Component IV provides details on the application of nourishment to sport, workout, and health. Instructors will find a complete suite of ancillaries that'll be helpful in their teaching. The instructor information and presentation bundle plus image bank can help in finding your way through class, as the test package and chapter quizzes will help assess college student learning. Chapter objectives provide a roadmap to ease students into upcoming content material. Armed with available, research-based application, readers will have the tools they have to improve athletic performance, workout outcomes, and general well-being.



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