



Clinical Sports Nutrition

By Louise Burke, Vicki Deakin

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A unique reference providing state of the art sports nutrition information, coupled with advice on how to apply sports nutrition guidelines in a clinical and practical framework. Thoroughly revised and updated with contribution from over 25 experts in their fields. Each chapter contains specific reviews followed by practice tips.

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Editorial Review

From the Back Cover

Established as the leading international text on sports nutrition, *Clinical Sports Nutrition* is the definitive guide to the nutrition and physiological principles, practices and research of elite and serious athletes. The book covers a comprehensive range of topical issues on sports nutrition, presenting the theory and most up-to-date research findings in clear, readable terms and incorporating highly practical applications specifically for practitioners working in the sports arena. It also includes chapters on children, adolescents and veterans involved in sport, athletes with disabilities, catering guidelines and special considerations associated with training under varying environmental conditions, such as heat and altitude. This valuable reference book is essential reading for sports dietitians, practitioners, coaches and trainers and students of sports-related subjects.

Second Edition The second edition has been thoroughly updated to incorporate the latest research, drawing on the experience of leading-edge academics and sports dietitians from Australia, Canada, the United States, Scotland and Finland. This expanded edition has seven more chapters and a fully updated chapter on dietary supplements and ergogenic aids.

Review of the first edition 'Clinical sports Nutrition is a comprehensive, yet very well presented and most readable text for both sports dietitians and sports medicine practitioners.' - Dr. Gillian Rothwell, Australian Family Physician

Users Review

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Phillip Ruiz:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite guide and reading a publication. Beside you can solve your condition; you can add your knowledge by the guide entitled *Clinical Sports Nutrition*. Try to stumble through book *Clinical Sports Nutrition* as your friend. It means that it can to be your friend when you truly feel alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated to suit your needs. The book makes you a lot more confidence because you can know every little thing by the book. So , we should make new experience and knowledge with this book.

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Gilbert Phillips:

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