



Nutrition and Metabolism in Sports, Exercise and Health (Paperback)

By Jie Kang

Taylor Francis Ltd, United Kingdom, 2018. Paperback. Condition: New. 2nd New edition. Language: English . Brand New Book. The second edition of Nutrition and Metabolism in Sports, Exercise and Health offers a clear and comprehensive introduction to sport and exercise nutrition, integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science underpinning physiological and metabolic processes. Informed by the latest research in this fast-moving discipline, the book includes brand-new sections on, amongst others: * Cellular structure for metabolism * Alcohol and metabolism * Uncoupling protein and thermogenesis * Dietary guidelines from around the world * Nutrient timing * Protein synthesis and muscle hypertrophy * Protein supplementation * Ergogenic effects of selected stimulants * Nutritional considerations for special populations * Dehydration and exercise performance Each chapter includes updated pedagogical features, including definitions of key terms, chapter summaries, case studies, review questions and suggested readings. A revised and expanded companion website offers additional teaching and learning features, such as PowerPoint slides, multiple-choice question banks and web links. No book goes further in explaining how nutrients function within our biological system, helping students to develop a better understanding of the underlying mechanisms and offering the best...



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