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Nutrition has an impact on multiple areas, including injury prevention and injury recovery, muscle and skeletal development, exercise recovery, psychological sense of well-being, general health, and resistance to illness. Under ideal circumstances, all members of the sports medicine team, including sports nutritionists, exercise physiologists, sports medicine physicians, sports psychologists, and athletic trainers, should have some understanding of how nutrition will affect their specific ...

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ACSM's Nutrition for Exercise Science - an ideal fit between sports nutrition and exercise science. This clear and highly applied overview of exercise nutrition illustrates difficult concepts using real-world examples and case studies that allow students to put learning into practice. Well-known author Dan Benardot draws on his vast experience as an instructor, scientist, and practitioner to craft an engaging and

factual resource that makes the nutrition of exercise science accessible.

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As an ACSM publication, this text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world. Case studies with discussion questions in every chapter show real-world application of the science of nutrition.

ACSM's Nutrition for Exercise Science

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