

Sport & Exercise Nutrition (SES3006M)

[View Online](#)

[1]

Austin, K. and Seebohar, B. 2011. Performance nutrition: applying the science of nutrient timing. Human Kinetics.

[2]

Bagchi, D. et al. eds. 2013. Nutrition and enhanced sports performance: muscle building, endurance, and strength. Academic Press.

[3]

Burke, L. 2010. Clinical sports nutrition. McGraw-Hill Medical.

[4]

Campbell, B.I. et al. 2011. NSCA's guide to sport and exercise nutrition. Human Kinetics.

[5]

Coyle, E.F. et al. 2004. Food, nutrition and sports performance II: The International Olympic Committee Consensus on Sports Nutrition. Routledge.

[6]

Health Education Authority 1992. Scientific basis of nutrition education: a synopsis of dietary reference values. Health Education Authority.

[7]

Horizon Information Portal: <https://library.lincoln.ac.uk>.

[8]

Houston, M.E. 2006. Biochemistry primer for exercise. Human Kinetics.

[9]

International Society of Sport Nutrition International Journal of Sport Nutrition and Exercise Metabolism.

[10]

Jeukendrup, A.E. and Gleeson, M. 2010. Sport nutrition: an introduction to energy production and performance. Human Kinetics.

[11]

Kang, J. 2012. Nutrition and metabolism in sports, exercise and health. Routledge.

[12]

Manore, M. et al. 2009. Sport nutrition for health and performance. Human Kinetics.

[13]

Marino, F.E. 2008. Thermoregulation and human performance: physiological and biological aspects. Karger.

[14]

Maughan, R.J. and Gleeson, M. 2010. The biochemical basis of sports performance. Oxford University Press.

[15]

McArdle, W.D. et al. 2015. Exercise physiology: nutrition, energy, and human performance. Wolters Kluwer Health.

[16]

Nutrition Society British journal of nutrition: an international journal of nutritional science.

[17]

Sauberlich, H.E. et al. 1974. Laboratory tests for the assessment of nutritional status. CRC Pr.

[18]

Tiidus, P.M. et al. 2012. Biochemistry primer for exercise science. Human Kinetics.

[19]

Whitehead, R.G. et al. 1991. Dietary reference values for food energy and nutrients for the United Kingdom: report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy. HMSO.

[20]

Williams, M.H. et al. 2013. Nutrition for health, fitness & sport. McGraw-Hill.