Sport & Exercise Nutrition (SES3006M)



1.

Sauberlich HE, Skala JH, Dowdy RP. Laboratory Tests for the Assessment of Nutritional Status. CRC Pr; 1974.

2.

McArdle WD, Katch FI, Katch VL. Exercise Physiology: Nutrition, Energy, and Human Performance. 8th edition, international edition. Wolters Kluwer Health; 2015.

3.

Bagchi D, Nair S, Sen CK, eds. Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength. Academic Press; 2013.

4.

Austin K, Seebohar B. Performance Nutrition: Applying the Science of Nutrient Timing. Human Kinetics; 2011.

https://www.vlebooks.com/vleweb/product/openreader?id=UniLincoln&isbn=9781450403986

5.

Burke L. Clinical Sports Nutrition. 4th ed. McGraw-Hill Medical; 2010.

6.

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

reference values. 1992; Briefing Paper.

7.

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

8.

Whitehead RG, Great Britain Department of Health Committee on Medical Aspects of Food Policy, Committee on Medical Aspects of Food Policy. 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. Vol Report on health and social subjects. HMSO; 1991.

9.

Tiidus PM, Tuppling AR, Houston ME. Biochemistry Primer for Exercise Science. 4th ed. Human Kinetics; 2012.

10.

Houston ME. Biochemistry Primer for Exercise. Vol Primers in exercise science. 3rd ed. Human Kinetics; 2006.

11.

Williams MH, Anderson DE, Rawson ES. Nutrition for Health, Fitness & Sport. 10th ed., International student ed. McGraw-Hill; 2013.

12.

Jeukendrup AE, Gleeson M. Sport Nutrition: An Introduction to Energy Production and Performance. 2nd ed. Human Kinetics; 2010.

13.

Manore M, Meyer NL, Thompson J. Sport Nutrition for Health and Performance. 2nd ed. Human Kinetics; 2009.

14.

Marino FE. Thermoregulation and Human Performance: Physiological and Biological Aspects. Vol Medicine and sport science. Karger; 2008.

15.

Maughan RJ, Gleeson M. The Biochemical Basis of Sports Performance. 2nd ed. Oxford University Press; 2010.

16.

Coyle EF, Burke L, Maughan RJ, International Olympic Committee Consensus on Sports Nutrition. Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition. Routledge; 2004.

17.

Kang J. Nutrition and Metabolism in Sports, Exercise and Health. Routledge; 2012. https://www.vlebooks.com/vleweb/product/openreader?id=UniLincoln&isbn=97802038519 13

18.

Campbell BI, Spano MA, National Strength & Conditioning Association (U.S.). NSCA's Guide to Sport and Exercise Nutrition. Vol Science of strength and conditioning series. Human Kinetics: 2011.

https://www.vlebooks.com/vleweb/product/openreader?id=UniLincoln&isbn=9781450413718

19.

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

20.

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