

Sport & Exercise Nutrition (SES3006M)

[View Online](#)

Anon. n.d. 'Horizon Information Portal'. Retrieved (<https://library.lincoln.ac.uk>).

Austin, Krista, and Bob Seebohar. 2011. Performance Nutrition: Applying the Science of Nutrient Timing. Leeds: Human Kinetics.

Bagchi, Debasis, Sreejayan Nair, and Chandan K. Sen, eds. 2013. Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength. London: Academic Press.

Burke, Louise. 2010. Clinical Sports Nutrition. 4th ed. New York: McGraw-Hill Medical.

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

Coyle, Edward F., Louise Burke, Ron J. Maughan, and International Olympic Committee Consensus on Sports Nutrition. 2004. Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition. London: Routledge.

Health Education Authority. 1992. 'Scientific Basis of Nutrition Education: A Synopsis of Dietary Reference Values'. Briefing Paper.

Houston, Michael E. 2006. Biochemistry Primer for Exercise. Vol. Primers in exercise science. 3rd ed. Champaign, IL: Human Kinetics.

International Society of Sport Nutrition. n.d. 'International Journal of Sport Nutrition and Exercise Metabolism'.

Jeukendrup, Asker E., and Michael Gleeson. 2010. Sport Nutrition: An Introduction to Energy Production and Performance. 2nd ed. Leeds: Human Kinetics.

Kang, Jie. 2012. Nutrition and Metabolism in Sports, Exercise and Health. London: Routledge.

Manore, Melinda, Nanna L. Meyer, and Janice Thompson. 2009. Sport Nutrition for Health and Performance. 2nd ed. Leeds: Human Kinetics.

Marino, Frank E. 2008. Thermoregulation and Human Performance: Physiological and Biological Aspects. Vol. Medicine and sport science. Basel: Karger.

Maughan, Ron J., and Michael Gleeson. 2010. The Biochemical Basis of Sports Performance . 2nd ed. Oxford: Oxford University Press.

McArdle, William D., Frank I. Katch, and Victor L. Katch. 2015. Exercise Physiology: Nutrition, Energy, and Human Performance. 8th edition, international edition. Philadelphia, PA: Wolters Kluwer Health.

Nutrition Society. n.d. 'British Journal of Nutrition: An International Journal of Nutritional Science'.

Sauberlich, H. E., J. H. Skala, and R. P. Dowdy. 1974. Laboratory Tests for the Assessment of Nutritional Status. CRC Pr.

Tiitus, Peter M., A. Russell Tuppling, and Michael E. Houston. 2012. Biochemistry Primer for Exercise Science. 4th ed. Leeds: Human Kinetics.

Whitehead, R. G., Great Britain Department of Health Committee on Medical Aspects of Food Policy, and Committee on Medical Aspects of Food Policy. 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. Vol. Report on health and social subjects. London: HMSO.

Williams, Melvin H., Dawn E. Anderson, and Eric S. Rawson. 2013. Nutrition for Health, Fitness & Sport. 10th ed., International student ed. New York: McGraw-Hill.