

# Sport & Exercise Nutrition (SES3006M)

[View Online](#)

---

1.

Sauberlich, H. E., Skala, J. H. & Dowdy, R. P. Laboratory tests for the assessment of nutritional status. (CRC Pr, 1974).

2.

McArdle, W. D., Katch, F. I. & Katch, V. L. Exercise physiology: nutrition, energy, and human performance. (Wolters Kluwer Health, 2015).

3.

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).

5.

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

6.

Health Education Authority. Scientific basis of nutrition education: a synopsis of dietary reference values. vol. Briefing Paper (1992).

7.

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

8.

Whitehead, R. G., 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, P. M., Tuppling, A. R. & Houston, M. E. Biochemistry primer for exercise science. (Human Kinetics, 2012).

10.

Houston, M. E. Biochemistry primer for exercise. vol. Primers in exercise science (Human Kinetics, 2006).

11.

Williams, M. H., Anderson, D. E. & Rawson, E. S. Nutrition for health, fitness & sport. (McGraw-Hill, 2013).

12.

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

13.

Manore, M., Meyer, N. L. & Thompson, J. Sport nutrition for health and performance. (Human Kinetics, 2009).

14.

Marino, F. E. Thermoregulation and human performance: physiological and biological aspects. vol. Medicine and sport science (Karger, 2008).

15.

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

16.

Coyle, E. F., Burke, L., Maughan, R. J., & 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).

18.

Campbell, B. I., Spano, M. A., & National Strength & Conditioning Association (U.S.). NSCA's guide to sport and exercise nutrition. vol. Science of strength and conditioning series (Human Kinetics, 2011).

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.