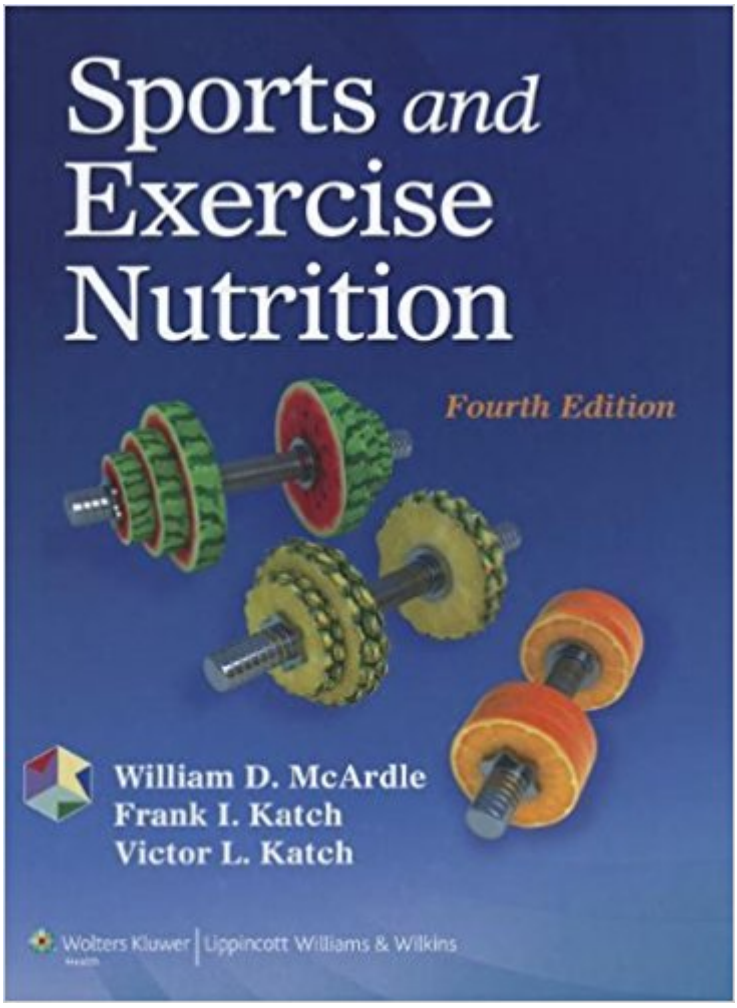
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Sports And Exercise Nutrition



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Synopsis

PublisherÃ¢â ¬â„¢s Note:Ã Â Ã Â Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product.Updated with the latest cutting-edge research findings, the Fourth Edition helps readers make the bridge between nutrition and exercise concepts and their practical applications. The book provides a strong foundation in the science of exercise nutrition and bioenergetics and offers valuable insights into how the principles work in the real world of physical activity and sports medicine. Case Studies and Personal Health and Exercise Nutrition activities engage readers in practical nutritional assessment problems.

Book Information

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Average Customer Review: 4.0 out of 5 stars 9 customer reviews

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Customer Reviews

I gave this a 3 rating because the book is a 2 but the rental experience was a perfect 5.I was really happy with my rental experience with . I was able to keep the book for the length of my class and saved over 50% of what I would have had to pay if I bought it.The information is good, but the organization is confusing. All throughout the book the art is crazy to the point of distraction. The art is not the point of the book but it is just so annoyingly awful that it was a constant distraction from reading. Nutrition science and art really doesn't mix. I wish they would just skip the pictures and charge less for the book. In one page toward the middle of the book, there is a huge illustration graph that has nothing to do with the topic and takes up the majority of the page.Usually I wouldn't care so much about the visuals but people who write these textbooks seem to forget that we have to

actually read this stuff, and all of their extra fluffy bulls*** just makes it a more difficult read.

It’s a great source for Nutrition and Exercise student! However, It’s too heavy :(

It was good

Good condition for a good price.

text for a class, it’s easy to read for someone not huge into the subject.

This book was required for my sports nutrition class and is exactly what I needed. However, I wish the professor had chosen a different book. I am surprised to see that this is the fourth edition, because it is so horribly organized. The writing itself isn’t bad, however it isn’t written so everything can be understood easily- I’m fairly comfortable with the material, having taken multiple chemistry and other science based courses, so I don’t think it’s just me. As I mentioned, it is organized very oddly- mentioning one topic, continuing on with something else and then going back to the first topic, making it very difficult to keep notes organized. There is also no glossary and no definitions on the sides of the pages and the book has a habit of just mentioning the vocabulary words in sentences without fully explaining what they mean.All in all, this book is frustrating to read and I’m upset I had to pay $85 for it.

The seller did a fantastic job of getting the book to me on time and in great condition. However, the book itself is somewhat lacking. First of all, an RD should be a coauthor on a book about nutrition, so I’m not overly pleased with the fact that there isn’t one as a coauthor. A second point, someone really should have reread the introduction and another pair of eyes was needed going over chapter 1 (I haven’t gotten much beyond that yet) as there were quite a few typos.

Having going back to school as an adult I was worried about having to read boring textbooks. This textbook was easy to follow and full of excellent information. Highly recommend as a guide to Sports Nutrition.

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