

Sports Nutrition for Health Professionals



BOOK DETAILS

- Author : Natalie Digate Muth MD MPH RD CSSD FAAP
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BOOK SYNOPSIS

Develop the knowledge base you need to integrate the science of nutrition and the latest evidence into your scope of practice. Explore the relevance of sports nutrition to each of the major allied health professions and understand the role it plays in each. Step-by-by, you'll learn about the scientific basis of sports nutrition and how to apply the physiology to real-life situations and interactions with clients. You'll follow four different clients as they are evaluated by a variety of health professionals and undergo a series of assessments and self-administered tests.

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