

# SPRT3043 - Advanced Sports Nutrition

Reading list for the Advanced Sports Nutrition Module

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@article{Baar\_2014, title={USING NUTRITION AND MOLECULAR BIOLOGY TO MAXIMIZE CONCURRENT TRAINING}, volume={136},  
url={https://www.gssiweb.org/sports-science-exchange/article/sse-136-using-nutrition-and-molecular-biology-to-maximize-concurrent-training#articleTopic\_5}, number={27},  
journal={Sports Science Exchange}, author={Baar, Keith}, year={2014}, pages={1-5} }

@article{Brooks\_Mercier\_1994, title={Balance of carbohydrate and lipid utilization during exercise: the 'crossover' concept}, volume={76},  
url={http://jap.physiology.org/content/76/6/2253.short},  
DOI={10.1152/jappl.1994.76.6.2253}, number={6}, journal={Journal of Applied Physiology}, author={Brooks, G. A. and Mercier, J.}, year={1994}, month={Jun},  
pages={2253-2261} }

@article{Burke\_2006, title={'Fat adaptation' for athletic performance: the nail in the coffin?}, volume={100}, DOI={10.1152/japplphysiol.01238.2005}, number={1},  
journal={Journal of Applied Physiology}, author={Burke, L. M.}, year={2006},  
month={Jan}, pages={7-8} }

@article{Burke\_2015, title={Re-Examining High-Fat Diets for Sports Performance: Did We Call the 'Nail in the Coffin' Too Soon?}, volume={45},  
DOI={10.1007/s40279-015-0393-9}, number={S1}, journal={Sports medicine (Auckland)}, author={Burke, Louise M.}, year={2015}, month={Nov}, pages={33-49} }

@article{Burke\_Loucks\_Broad\_2006, title={Energy and carbohydrate for training and recovery}, volume={24}, DOI={10.1080/02640410500482602}, number={7},  
journal={Journal of Sports Sciences}, author={Burke, Louise M. and Loucks, Anne B. and Broad, Nick}, year={2006}, month={Jul}, pages={675-685} }

@article{Burke\_Ross\_Garvican-Lewis\_Welvaert\_Heikura\_Forbes\_Mirtschin\_Cato\_Strobel\_Sharma\_et al.\_2017, title={Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers}, volume={595}, DOI={10.1113/JP273230}, number={9}, journal={The Journal of Physiology}, author={Burke, Louise M. and Ross, Megan L. and Garvican-Lewis, Laura A. and Welvaert, Marijke and Heikura, Ida A. and Forbes, Sara G. and Mirtschin, Joanne G. and Cato, Louise E. and Strobel, Nicki and Sharma, Avish P. and Hawley, John A.}, year={2017}, month={May}, pages={2785-2807} }

@article{Campbell\_Wilborn\_La

Bounty\_Taylor\_Nelson\_Greenwood\_Ziegenfuss\_Lopez\_Hoffman\_Stout\_et al.\_2013, title={International Society of Sports Nutrition position stand: energy drinks}, volume={10}, DOI={10.1186/1550-2783-10-1}, number={1}, journal={Journal of the International Society of Sports Nutrition}, author={Campbell, Bill and Wilborn, Colin and La Bounty, Paul and Taylor, Lem and Nelson, Mike T and Greenwood, Mike and Ziegenfuss, Tim N and Lopez, Hector L and Hoffman, Jay R and Stout, Jeffrey R and Schmitz, Stephen and Collins, Rick and Kalman, Doug S and Antonio, Jose and Kreider, Richard B}, year={2013}, month={Jan} }

@article{Cermak\_van Loon\_2013, title={The Use of Carbohydrates During Exercise as an Ergogenic Aid}, volume={43}, DOI={10.1007/s40279-013-0079-0}, number={11}, journal={Sports Medicine}, author={Cermak, Naomi M. and van Loon, Luc J. C.}, year={2013}, month={Nov}, pages={1139-1155} }

@article{Coyle\_Jeukendrup\_Wagenmakers\_Saris\_1997, title={Fatty acid oxidation is directly regulated by carbohydrate metabolism during exercise}, volume={273}, DOI={10.1152/ajpendo.1997.273.2.E268}, number={2}, journal={American Journal of Physiology-Endocrinology and Metabolism}, author={Coyle, E. F. and Jeukendrup, A. E. and Wagenmakers, A. J. and Saris, W. H.}, year={1997}, month={Aug}, pages={E268-E275} }

@article{DONNELLY\_BLAIR\_JAKICIC\_MANORE\_RANKIN\_SMITH\_2009, title={Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults}, volume={41}, DOI={10.1249/MSS.0b013e3181949333}, number={2}, journal={Medicine & Science in Sports & Exercise}, author={DONNELLY, JOSEPH E. and BLAIR, STEVEN N. and JAKICIC, JOHN M. and MANORE, MELINDA M. and RANKIN, JANET W. and SMITH, BRYAN K.}, year={2009}, month={Feb}, pages={459-471} }

@article{Goldstein\_Ziegenfuss\_Kalman\_Kreider\_Campbell\_Wilborn\_Taylor\_Willoughby\_Stout\_Graves\_et al.\_2010, title={International society of sports nutrition position stand: caffeine and performance}, volume={7}, DOI={10.1186/1550-2783-7-5}, number={1}, journal={Journal of the International Society of Sports Nutrition}, author={Goldstein, Erica R and Ziegenfuss, Tim and Kalman, Doug and Kreider, Richard and Campbell, Bill and Wilborn, Colin and Taylor, Lem and Willoughby, Darryn and Stout, Jeff and Graves, B Sue and Wildman, Robert and Ivy, John L and Spano, Marie and Smith, Abbie E and Antonio, Jose}, year={2010}, month={Jan} }

@article{Jeukendrup\_2004, title={Carbohydrate intake during exercise and performance}, volume={20}, DOI={10.1016/j.nut.2004.04.017}, number={7-8}, journal={Nutrition}, author={Jeukendrup, Asker E}, year={2004}, month={Jul}, pages={669-677} }

@article{Jeukendrup\_2011, title={Nutrition for endurance sports: Marathon, triathlon, and road cycling}, volume={29}, DOI={10.1080/02640414.2011.610348}, number={sup1}, journal={Journal of Sports Sciences}, author={Jeukendrup, Asker E.}, year={2011}, month={Jan}, pages={S91-S99} }

@book{Jeukendrup\_Gleeson\_2019, address={Champaign, IL}, edition={Third edition}, title={Sport nutrition}, publisher={Human Kinetics}, author={Jeukendrup, Asker E. and Gleeson, Michael}, year={2019} }

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@book{Maughan\_Burke\_Coyle\_Consensus Conference on Foods, Nutrition and Sports Performance\_International Olympic Committee\_2004, address={London}, title={Food, nutrition and sports performance II: the International Olympic Committee consensus on sports nutrition}, url={http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780203448618}, publisher={Routledge}, author={Maughan, Ron J. and Burke, L. M. and Coyle, E. F. and Consensus Conference on Foods, Nutrition and Sports Performance and International Olympic Committee}, year={2004} }

@book{McArdle\_Katch\_Katch\_2019, address={Philadelphia}, edition={Fifth edition}, title={Sports and exercise nutrition}, publisher={Wolters Kluwer}, author={McArdle, William D. and Katch, Frank I. and Katch, Victor L.}, year={2019} }

@article{Otis\_Drinkwater\_Johnson\_Loucks\_Wilmore\_1997, title={ACSM Position Stand: The Female Athlete Triad}, volume={29}, DOI={10.1097/00005768-199705000-00037}, number={5}, journal={Medicine & Science in Sports & Exercise}, author={Otis, Carol L. and Drinkwater, Barbara and Johnson, Mimi and Loucks, Anne and Wilmore, Jack}, year={1997}, month={May}, pages={i-ix} }

@article{Rogerson\_2017, title={Vegan diets: practical advice for athletes and exercisers}, volume={14}, DOI={10.1186/s12970-017-0192-9}, number={1}, journal={Journal of the International Society of Sports Nutrition}, author={Rogerson, David}, year={2017}, month={Dec} }

@article{Romijn\_Coyle\_Sidossis\_Gastaldelli\_Horowitz\_Endert\_Wolfe\_1993, title={Regulation of endogenous fat and carbohydrate metabolism in relation to exercise intensity and duration}, volume={265}, DOI={10.1152/ajpendo.1993.265.3.E380}, number={3}, journal={American Journal of Physiology-Endocrinology and Metabolism}, author={Romijn, J. A. and Coyle, E. F. and Sidossis, L. S. and Gastaldelli, A. and Horowitz, J. F. and Endert, E. and Wolfe, R. R.}, year={1993}, month={Sep}, pages={E380-E391} }

@article{Romijn\_Coyle\_Sidossis\_Zhang\_Wolfe\_1995, title={Relationship between fatty acid delivery and fatty acid oxidation during strenuous exercise}, volume={79}, DOI={10.1152/jappl.1995.79.6.1939}, number={6}, journal={Journal of Applied Physiology}, author={Romijn, J. A. and Coyle, E. F. and Sidossis, L. S. and Zhang, X. J. and Wolfe, R. R.}, year={1995}, month={Dec}, pages={1939-1945} }

@article{Thomas\_Erdman\_Burke\_2016, title={Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance}, volume={116}, DOI={10.1016/j.jand.2015.12.006}, number={3}, journal={Journal of the Academy of Nutrition and Dietetics}, author={Thomas, D. Travis and Erdman, Kelly Anne and Burke, Louise M.}, year={2016}, month={Mar},

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@article{Trexler\_Smith-Ryan\_Stout\_Hoffman\_Wilborn\_Sale\_Kreider\_Jäger\_Earrest\_Bannock\_et al.\_2015, title={International society of sports nutrition position stand: Beta-Alanine}, volume={12}, DOI={10.1186/s12970-015-0090-y}, number={1}, journal={Journal of the International Society of Sports Nutrition}, author={Trexler, Eric T. and Smith-Ryan, Abbie E. and Stout, Jeffrey R. and Hoffman, Jay R. and Wilborn, Colin D. and Sale, Craig and Kreider, Richard B. and Jäger, Ralf and Earnest, Conrad P. and Bannock, Laurent and Campbell, Bill and Kalman, Douglas and Ziegenfuss, Tim N. and Antonio, Jose}, year={2015}, month={Dec} }

@article{Whiting\_Barabash\_2006, title={Dietary Reference Intakes for the micronutrients: considerations for physical activity}, volume={31}, DOI={10.1139/h05-021}, number={1}, journal={Applied Physiology, Nutrition, and Metabolism}, author={Whiting, Susan J and Barabash, Wade A}, year={2006}, month={Feb}, pages={80-85} }

@article{Wilson\_Fitschen\_Campbell\_Wilson\_Zanchi\_Taylor\_Wilborn\_Kalman\_Stout\_Hoffman\_et al.\_2013, title={International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB)}, volume={10}, DOI={10.1186/1550-2783-10-6}, number={1}, journal={Journal of the International Society of Sports Nutrition}, author={Wilson, Jacob M and Fitschen, Peter J and Campbell, Bill and Wilson, Gabriel J and Zanchi, Nelo and Taylor, Lem and Wilborn, Colin and Kalman, Douglas S and Stout, Jeffrey R and Hoffman, Jay R and Ziegenfuss, Tim N and Lopez, Hector L and Kreider, Richard B and Smith-Ryan, Abbie E and Antonio, Jose}, year={2013}, month={Jan} }

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