

# SPRT3043 - Advanced Sports Nutrition

Reading list for the Advanced Sports Nutrition Module

View Online



Baar, Keith. 2014. 'USING NUTRITION AND MOLECULAR BIOLOGY TO MAXIMIZE CONCURRENT TRAINING', *Sports Science Exchange*, 136.27: 1-5  
<[https://www.gssiweb.org/sports-science-exchange/article/sse-136-using-nutrition-and-molecular-biology-to-maximize-concurrent-training#articleTopic\\_5](https://www.gssiweb.org/sports-science-exchange/article/sse-136-using-nutrition-and-molecular-biology-to-maximize-concurrent-training#articleTopic_5)>

Brooks, G. A., and J. Mercier. 1994. 'Balance of Carbohydrate and Lipid Utilization during Exercise: The "Crossover" Concept', *Journal of Applied Physiology*, 76.6: 2253-61  
<<https://doi.org/10.1152/jappl.1994.76.6.2253>>

Burke, L. M. 2006. "'Fat Adaptation" for Athletic Performance: The Nail in the Coffin?', *Journal of Applied Physiology*, 100.1: 7-8  
<<https://doi.org/10.1152/japplphysiol.01238.2005>>

Burke, Louise M. 2015. 'Re-Examining High-Fat Diets for Sports Performance: Did We Call the "Nail in the Coffin" Too Soon?', *Sports Medicine (Auckland)*, 45.S1: 33-49  
<<https://doi.org/10.1007/s40279-015-0393-9>>

Burke, Louise M., Anne B. Loucks, and Nick Broad. 2006. 'Energy and Carbohydrate for Training and Recovery', *Journal of Sports Sciences*, 24.7: 675-85  
<<https://doi.org/10.1080/02640410500482602>>

Burke, Louise M., Megan L. Ross, Laura A. Garvican-Lewis, Marijke Welvaert, Ida A. Heikura, and others. 2017. 'Low Carbohydrate, High Fat Diet Impairs Exercise Economy and Negates the Performance Benefit from Intensified Training in Elite Race Walkers', *The Journal of Physiology*, 595.9: 2785-2807 <<https://doi.org/10.1113/JP273230>>

Campbell, Bill, Colin Wilborn, Paul La Bounty, Lem Taylor, Mike T Nelson, and others. 2013. 'International Society of Sports Nutrition Position Stand: Energy Drinks', *Journal of the International Society of Sports Nutrition*, 10.1 <<https://doi.org/10.1186/1550-2783-10-1>>  
Cermak, Naomi M., and Luc J. C. van Loon. 2013. 'The Use of Carbohydrates During Exercise as an Ergogenic Aid', *Sports Medicine*, 43.11: 1139-55  
<<https://doi.org/10.1007/s40279-013-0079-0>>

Coyle, E. F., A. E. Jeukendrup, A. J. Wagenmakers, and W. H. Saris. 1997. 'Fatty Acid Oxidation Is Directly Regulated by Carbohydrate Metabolism during Exercise', *American Journal of Physiology-Endocrinology and Metabolism*, 273.2: E268-75  
<<https://doi.org/10.1152/ajpendo.1997.273.2.E268>>

DONNELLY, JOSEPH E., STEVEN N. BLAIR, JOHN M. JAKICIC, MELINDA M. MANORE, JANET W. RANKIN, and others. 2009. 'Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults', *Medicine & Science in Sports & Exercise*,

41.2: 459–71 <<https://doi.org/10.1249/MSS.0b013e3181949333>>

Goldstein, Erica R, Tim Ziegenfuss, Doug Kalman, Richard Kreider, Bill Campbell, and others. 2010. 'International Society of Sports Nutrition Position Stand: Caffeine and Performance', *Journal of the International Society of Sports Nutrition*, 7.1 <<https://doi.org/10.1186/1550-2783-7-5>>

Jeukendrup, Asker E. 2004. 'Carbohydrate Intake during Exercise and Performance', *Nutrition*, 20.7–8: 669–77 <<https://doi.org/10.1016/j.nut.2004.04.017>>

Jeukendrup, Asker E. 2011. 'Nutrition for Endurance Sports: Marathon, Triathlon, and Road Cycling', *Journal of Sports Sciences*, 29.sup1: S91–99 <<https://doi.org/10.1080/02640414.2011.610348>>

Jeukendrup, Asker E., and Michael Gleeson. 2019. *Sport Nutrition*, Third edition (Champaign, IL: Human Kinetics)

La Bounty, Paul M, Bill I Campbell, Jacob Wilson, Elfego Galvan, John Berardi, and others. 2011. 'International Society of Sports Nutrition Position Stand: Meal Frequency', *Journal of the International Society of Sports Nutrition*, 8.1 <<https://doi.org/10.1186/1550-2783-8-4>>

Maughan, Ron J., L. M. Burke, E. F. Coyle, Consensus Conference on Foods, Nutrition and Sports Performance, and International Olympic Committee. 2004. *Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition* (London: Routledge) <<http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780203448618>>

McArdle, William D., Frank I. Katch, and Victor L. Katch. 2019. *Sports and Exercise Nutrition*, Fifth edition (Philadelphia: Wolters Kluwer)

'Nutrition and Athletic Performance'. 2009. *Medicine & Science in Sports & Exercise*, 41.3: 709–31 <<https://doi.org/10.1249/MSS.0b013e31890eb86>>

Otis, Carol L., Barbara Drinkwater, Mimi Johnson, Anne Loucks, and Jack Wilmore. 1997. 'ACSM Position Stand: The Female Athlete Triad', *Medicine & Science in Sports & Exercise*, 29.5: i-ix <<https://doi.org/10.1097/00005768-199705000-00037>>

Rogerson, David. 2017. 'Vegan Diets: Practical Advice for Athletes and Exercisers', *Journal of the International Society of Sports Nutrition*, 14.1 <<https://doi.org/10.1186/s12970-017-0192-9>>

Romijn, J. A., E. F. Coyle, L. S. Sidossis, A. Gastaldelli, J. F. Horowitz, and others. 1993. 'Regulation of Endogenous Fat and Carbohydrate Metabolism in Relation to Exercise Intensity and Duration', *American Journal of Physiology-Endocrinology and Metabolism*, 265.3: E380–91 <<https://doi.org/10.1152/ajpendo.1993.265.3.E380>>

Romijn, J. A., E. F. Coyle, L. S. Sidossis, X. J. Zhang, and R. R. Wolfe. 1995. 'Relationship between Fatty Acid Delivery and Fatty Acid Oxidation during Strenuous Exercise', *Journal of Applied Physiology*, 79.6: 1939–45 <<https://doi.org/10.1152/jappl.1995.79.6.1939>>

Thomas, D. Travis, Kelly Anne Erdman, and Louise M. Burke. 2016. 'Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance', *Journal of the Academy of Nutrition and Dietetics*, 116.3: 501-28 <<https://doi.org/10.1016/j.jand.2015.12.006>>

Trexler, Eric T., Abbie E. Smith-Ryan, Jeffrey R. Stout, Jay R. Hoffman, Colin D. Wilborn, and others. 2015. 'International Society of Sports Nutrition Position Stand: Beta-Alanine', *Journal of the International Society of Sports Nutrition*, 12.1 <<https://doi.org/10.1186/s12970-015-0090-y>>

Whiting, Susan J, and Wade A Barabash. 2006. 'Dietary Reference Intakes for the Micronutrients: Considerations for Physical Activity', *Applied Physiology, Nutrition, and Metabolism*, 31.1: 80-85 <<https://doi.org/10.1139/h05-021>>

Wilson, Jacob M, Peter J Fitschen, Bill Campbell, Gabriel J Wilson, Nelo Zanchi, and others. 2013. 'International Society of Sports Nutrition Position Stand: Beta-Hydroxy-Beta-Methylbutyrate (HMB)', *Journal of the International Society of Sports Nutrition*, 10.1 <<https://doi.org/10.1186/1550-2783-10-6>>