SPRT3043 - Advanced Sports Nutrition

Reading list for the Advanced Sports Nutrition Module



Baar K, 'USING NUTRITION AND MOLECULAR BIOLOGY TO MAXIMIZE CONCURRENT TRAINING' (2014) 136 Sports Science Exchange 1

https://www.gssiweb.org/sports-science-exchange/article/sse-136-using-nutrition-and-molecular-biology-to-maximize-concurrent-training#articleTopic 5>

Brooks GA and Mercier J, 'Balance of Carbohydrate and Lipid Utilization during Exercise: The "Crossover" Concept' (1994) 76 Journal of Applied Physiology 2253 http://jap.physiology.org/content/76/6/2253.short

Burke LM, "Fat Adaptation" for Athletic Performance: The Nail in the Coffin? (2006) 100 Journal of Applied Physiology 7

Burke LM, 'Re-Examining High-Fat Diets for Sports Performance: Did We Call the "Nail in the Coffin" Too Soon?' (2015) 45 Sports medicine (Auckland) 33

——, 'Low Carbohydrate, High Fat Diet Impairs Exercise Economy and Negates the Performance Benefit from Intensified Training in Elite Race Walkers' (2017) 595 The Journal of Physiology 2785

Burke LM, Loucks AB and Broad N, 'Energy and Carbohydrate for Training and Recovery' (2006) 24 Journal of Sports Sciences 675

Campbell B and others, 'International Society of Sports Nutrition Position Stand: Energy Drinks' (2013) 10 Journal of the International Society of Sports Nutrition

Cermak NM and van Loon LJC, 'The Use of Carbohydrates During Exercise as an Ergogenic Aid' (2013) 43 Sports Medicine 1139

Coyle EF and others, 'Fatty Acid Oxidation Is Directly Regulated by Carbohydrate Metabolism during Exercise' (1997) 273 American Journal of Physiology-Endocrinology and Metabolism E268

DONNELLY JE and others, 'Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults' (2009) 41 Medicine & Science in Sports & Exercise 459

Goldstein ER and others, 'International Society of Sports Nutrition Position Stand: Caffeine and Performance' (2010) 7 Journal of the International Society of Sports Nutrition

Jeukendrup AE, 'Carbohydrate Intake during Exercise and Performance' (2004) 20 Nutrition 669

Jeukendrup AE, 'Nutrition for Endurance Sports: Marathon, Triathlon, and Road Cycling' (2011) 29 Journal of Sports Sciences S91

Jeukendrup AE and Gleeson M, Sport Nutrition (Third edition, Human Kinetics 2019)

La Bounty PM and others, 'International Society of Sports Nutrition Position Stand: Meal Frequency' (2011) 8 Journal of the International Society of Sports Nutrition

Maughan RJ and others, Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition (Routledge 2004) http://www.vlebooks.com/vleweb/product/openreader?id=Worcester&isbn=9780203448618

McArdle WD, Katch FI and Katch VL, Sports and Exercise Nutrition (Fifth edition, Wolters Kluwer 2019)

'Nutrition and Athletic Performance' (2009) 41 Medicine & Science in Sports & Exercise 709

Otis CL and others, 'ACSM Position Stand: The Female Athlete Triad' (1997) 29 Medicine & Science in Sports & Exercise i

Rogerson D, 'Vegan Diets: Practical Advice for Athletes and Exercisers' (2017) 14 Journal of the International Society of Sports Nutrition

Romijn JA and others, 'Regulation of Endogenous Fat and Carbohydrate Metabolism in Relation to Exercise Intensity and Duration' (1993) 265 American Journal of Physiology-Endocrinology and Metabolism E380

——, 'Relationship between Fatty Acid Delivery and Fatty Acid Oxidation during Strenuous Exercise' (1995) 79 Journal of Applied Physiology 1939

Thomas DT, Erdman KA and Burke LM, 'Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance' (2016) 116 Journal of the Academy of Nutrition and Dietetics 501

Trexler ET and others, 'International Society of Sports Nutrition Position Stand: Beta-Alanine' (2015) 12 Journal of the International Society of Sports Nutrition

Whiting SJ and Barabash WA, 'Dietary Reference Intakes for the Micronutrients: Considerations for Physical Activity' (2006) 31 Applied Physiology, Nutrition, and Metabolism 80

Wilson JM and others, 'International Society of Sports Nutrition Position Stand: Beta-Hydroxy-Beta-Methylbutyrate (HMB)' (2013) 10 Journal of the International Society of Sports Nutrition