



Sport Nutrition: An Introduction to Energy Production and Performance

By Asker Jeukendrup, Michael Gleeson



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Sport Nutrition: An Introduction to Energy Production and Performance presents in-depth discussion of the science behind sport nutrition, including general principles, background, and rationale for current nutritional guidelines. Students will gain a solid understanding of the principles of nutrition as they relate specifically to sport. Students will also learn how to distinguish between fact and fallacy in the confusing world of sport nutrition and supplements.

The logical organization of the book helps instructors deliver a comprehensive introductory course in nutrition as well as reinforce comprehension, retention, and application for all students—including those without a science background. The following are some of the student-friendly features:

- More than 200 tables and illustrations that demonstrate important concepts and research findings, making the text easy to understand at the introductory level
 - Summary appendix that explains the fundamental concepts of biochemistry, biology, chemistry, and physiology
 - Extensive glossary of terms and commonly used abbreviations
 - Numerous standard textbook elements, including learning objectives, key points, and key terms
- A full chapter is devoted to how food is digested and absorbed, as well as how exercise influences the digestive process. Other topics include molecular structure, energy production, recovery after exercise, and the biochemical and physiological processes within the body.

Well-respected authors Asker Jeukendrup, PhD, and Michael Gleeson, PhD, are on the cutting edge of sport nutrition. They draw from years of experience researching, publishing, and teaching at the university level and consulting with international sport teams. *Sport Nutrition: An Introduction to Energy Production and Performance* will help students learn the underlying principles of sport nutrition and its effect on performance.

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Asker E. Jeukendrup, PhD, is a recognized authority on exercise biochemistry and physiology and sport nutrition. He was an invited speaker and author delegate to the International Olympic Committee Sports Nutrition Consensus Conference in 2003. He has served as scientific adviser to the Rabobank professional cycling team, one of the top cycling teams in the world, and as nutrition consultant to U.K. Athletics and numerous Olympic athletes. More than 100 of his papers and book chapters have been published over the past 10 years. He is also the editor of the European Journal of Sport Science and a fellow of the American College of Sports Medicine.

Jeukendrup received his PhD in health sciences in 1997 in Maastricht, Netherlands, and is currently a senior lecturer in the school of sport and exercise sciences at the University of Birmingham in the United Kingdom. He was already an avid cyclist when he first entered the fields of exercise physiology and sport nutrition. In his work, he not only performs cutting-edge research but also translates his findings into terms that are useful for athletes. In his free time, Jeukendrup enjoys cycling, traveling, and competing in triathlons. He and his wife, Antoinette, live in Birmingham, England.

Michael Gleeson, PhD, is a professor of sport and exercise sciences at Loughborough University in Leicestershire, England. He has taught sport nutrition and worked with coaches and elite athletes for many years.

An active researcher in sport nutrition and exercise metabolism, Dr. Gleeson has published more than 150 papers in exercise physiology and sport nutrition over the past 20 years. He was an invited speaker and author delegate to the International Olympic Committee Sports Nutrition Consensus Conference in 2003. He is the editor of Exercise Immunology Review.

Dr. Gleeson is a fellow of the European College of Sports Sciences. He is a member of the American College of Sports Medicine (ACSM), Physiological Society, British Association of Sport and Exercise Sciences, and International Society for Exercise and Immunology. At the University of Central Lancashire Dr. Gleeson completed his PhD on the effects of diet and exercise on energy metabolism.

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