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# Sport Nutrition: An Introduction to Energy Production and Performance

*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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