

## Acsms Nutrition For The Health Fitness Professional

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Nutrition has an impact on multiple areas, including injury prevention and injury recovery, muscle and skeletal development, exercise recovery, psychological sense of well-being, general health, and resistance to illness. Under ideal circumstances, all members of the sports medicine team, including sports nutritionists, exercise physiologists, sports medicine physicians, sports psychologists, and athletic trainers, should have some understanding of how nutrition will affect their specific ...

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### ACSM's Nutrition for Exercise Science | ACSM Books

As an ACSM publication, this text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world. Case studies with discussion questions in every chapter show real-world application of the science of nutrition.

### ACSM's Nutrition for Exercise Science

Practical and concise columns health and fitness professionals can put into immediate practice. Latest evidence-based exercise science and nutrition information. Current topics of interest for health, fitness and wellness industries. CEC opportunities. Information on ACSM certification workshops and ACSM Approved Providers. ISSN: 1091-5397

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