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Nutrition for Health, Fitness Sport

Melvin Williams
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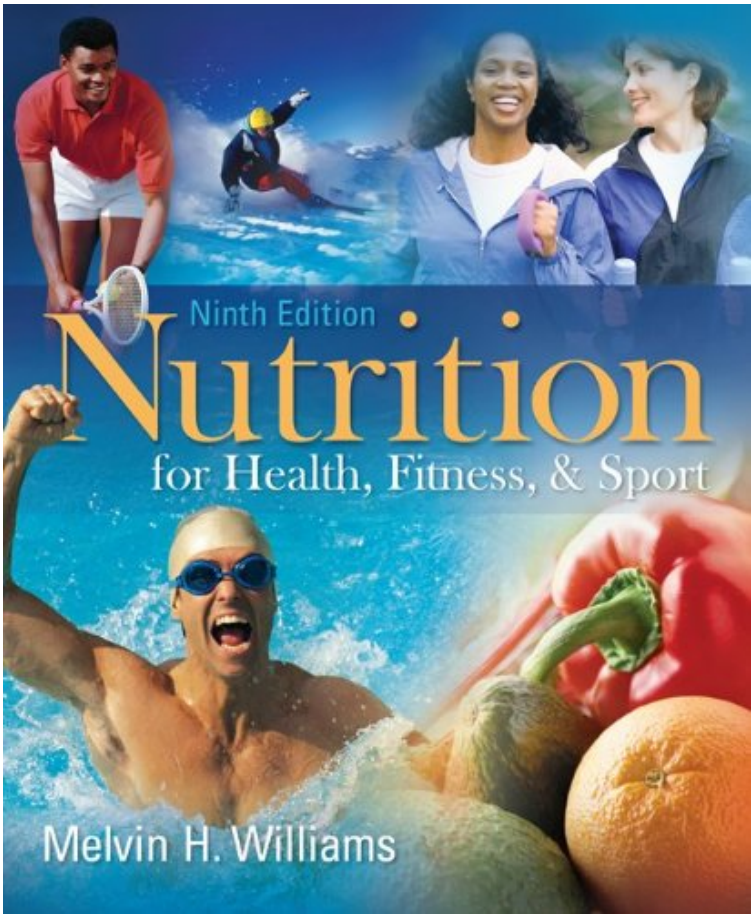

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Melvin Williams : Nutrition for Health, Fitness Sport before purchasing it in order to gage whether or not it would be worth my time, and all praised Nutrition for Health, Fitness Sport:

0 of 0 people found the following review helpful. This book helped me go through the class like it was nothingBy AnthonyI rented this book for my Exercise Nutrition course. This book helped me go through the class like it was nothing. The book is fairly simple to read and understand. It has really good information about everything nutrition, of course there are more advanced books out there, but this one helped me develop a decent diet change plan and supplements to use and not use. This book and this class has really helped me turn my life around. I would recommend this book to anyone who is taking a class with it required or to anyone who wants to learn about nutrition for your health, fitness or sport0 of 0 people found the following review helpful. Good book!By JCNeeded the book for class and has great information.0 of 0 people found the following review helpful. The best sports / diet reference book!By CustomerI used this book for a class but ended up buying it. It is very easy to read and is wonderfully organized. I usually rent my textbooks but I bought this one. I reference it while planning my workouts and diet routine. It references many of the current diet and fitness supplements and techniques and explains how and why they work, or

not.

This textbook provides the reader with thorough coverage of the role nutrition plays in enhancing one's health, fitness, and sport performance. Current research and practical activities are incorporated throughout.

About the AuthorMelvin Williams is the Director of Human Performance Laboratory at Old Dominion University, and has more than 30 years of lab research with a focus on the role of nutrition in sports. He has written and edited five books on ergogenic aids and the role of nutrition in sports -- his two latest books are The Ergogenics Edge: Pushing the Limits of Sports Performance (Human Kinetics) and Nutrition for Health, Fitness, and Sports, Sixth Edition (McGraw-Hill). He earned a B.S. from East Stroudsburg State College (1962), a Master of Education degree from Ohio University (1963), and a Ph.D. from the University of Maryland (1968), with a doctoral dissertation on the effects of alcohol as a possible means to enhance strength and endurance. He's an accomplished marathon runner, placing first in his age group numerous times in the Marine Corps Marathon, which merited his selection in the Marine Corps Marathon Hall of Fame in 2001.