This workbook provides expanded or alternative activities that will broaden students’ understanding of sports nutrition.

Features of this workbook include:
* Real-life examples, problems, and case studies from the sports nutrition field
* Exercises and activities to help students review chapter topics and assess their own health behaviors in relation to these topics
* Crossword puzzles using key terms encountered by sports nutrition professionals

Publication Year 2009
Edition 1st
Author/Editor Fink, Heather Hedrick; Burgoon, Lisa A.; Mikesky, Alan E.
Publisher Jones & Bartlett Learning
Platform OvidMD, Ovid
Product Type Book
Speciality Primary Care/Family Medicine/General Practice
Language English
Pages 114
Illustrations 0