



# Handbook of Sports Medicine and Science, Sports Nutrition

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## Handbook of Sports Medicine and Science, Sports Nutrition

*Sports Nutrition*, which focuses on the importance of proper nutritional preparation for athletes, provides a practical supplement to *Nutrition in Sport*. It provides an essential reference on all aspects of sports nutrition for the team coach, athletic trainer, physical therapist and allied health-related professional working with athletes and sports teams, and the knowledgeable athlete.

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