

# Why You Should Adopt

## Practical Applications in Sports Nutrition

FIFTH EDITION

Includes Navigate 2 Advantage Access

- ✓ **Option 1:** Paperback with Navigate 2 Advantage Access  
ISBN-13: 978-1-284-10139-3 • 520 pages • © 2018
- ✓ **Option 2:** Navigate 2 Advantage Access Only  
ISBN-13: 978-1-284-10141-6  
50% off the list price of the printed textbook



Key Questions Addressed

You are the Nutrition Coach

Key Terms

Gaining the Performance Edge

Fortifying Your Nutrition Knowledge

Food for Thought

Informative Figures

### The Student Experience

Revised and updated with a full-color design and art program, the fifth edition of **Practical Applications in Sports Nutrition** provides students and practitioners with the most up-to-date information relating to diet and athletic performance so they can assist athletes and fitness enthusiasts in achieving their personal performance goals.

### Top 5 Reasons to Adopt *Practical Applications in Sports Nutrition, Fifth Edition*

1

Includes **Navigate 2 Advantage Access** with full eBook, 19 animations, workbook activities, study aids, assessments, instructor resources and more!  
(see reverse side)

2

Discusses the revised **Nutrition Facts** label and incorporates coverage of the **2015-2016 Dietary Guidelines for Americans**  
(see Chapter 1)

3

Provides **updated sports nutrition recommendations** based on the 2016 position statement from the American College of Sports Medicine (ACSM), the Academy of Nutrition and Dietetics (AND), and the Dietitians of Canada

4

**Fortifying Your Nutrition Knowledge** boxes expand on timely topics with the intent of providing information that is beyond the basics of the sports nutrition topic being discussed  
(see page 67)

5

**You Are the Nutrition Coach** case studies at the beginning of each chapter provide context to chapter material and ask students to consider the case study prior to reading the chapter and reconsider upon completing their reading.  
(see Chapter 9)

## Course Materials

### Learning Tools

- Interactive eBook
- Video Animations
- Workbook Activities
- Lecture Outlines
- Image Bank
- Flashcards
- Practice Activities

### Teaching Tools (available with Course ID)

- Chapter Outlines
- Classroom Activities
- Lecture Slides in PowerPoint Format
- Discussion Questions
- Test Bank
- Pre-populated Quizzes and Exams with Automatic Grading
- Sample Syllabus
- Hassle-free Gradebook
- Course Management Tools

## eBook Resources

Chapter	Title	Knowledge Check Questions	eBook Quiz Questions	Animations
1	Introduction to Sports Nutrition	30	20	
2	Nutrients: Ingestion to Energy Metabolism	44	17	<ul style="list-style-type: none"> <li>• Digestion &amp; Absorption: Passive Diffusion</li> <li>• Digestion &amp; Absorption: Facilitated Diffusion</li> <li>• Digestion &amp; Absorption: Active Transport</li> <li>• Digestion &amp; Absorption: Endocytosis</li> <li>• Lipids: Triglyceride Formation</li> <li>• Proteins &amp; Amino Acids: Protein Synthesis</li> <li>• Sports Nutrition: APT-CP Energy System</li> </ul>
3	Carbohydrates	40	25	
4	Fats	31	25	<ul style="list-style-type: none"> <li>• Diet &amp; Health: Development of Atherosclerosis</li> </ul>
5	Proteins	32	25	
6	Vitamins	25	25	<ul style="list-style-type: none"> <li>• Fat-Soluble Vitamins: Vitamin A and the Visual Cycle</li> </ul>
7	Minerals	14	24	<ul style="list-style-type: none"> <li>• Trace Minerals: Iron Absorption</li> </ul>
8	Water	26	25	
9	Nutritional Ergogenics	25	24	
10	Nutrition Consultation with Athletes	35	19	
11	Weight Management	37	25	
12	Endurance and Ultra-Endurance Athletes	37	22	
13	Strength/Power Athletes	32	25	
14	Team Sport Athletes	31	20	
15	Special Populations	28	25	<ul style="list-style-type: none"> <li>• Carbohydrates: Regulating Blood Glucose Levels (High Glucose)</li> <li>• Carbohydrates: Regulating Blood Glucose Levels (Low Glucose)</li> <li>• Metabolism: Metabolizing Small Amounts of Alcohol</li> </ul>
16	Jobs in Sports Nutrition	31	20	

Chapter	Title	Knowledge Check Questions	eBook Quiz Questions	Animations
Appendix A	You Are the Nutrition Coach – Answers			
Appendix B	The Gastrointestinal Tract			
Appendix C	Major Metabolic Pathways			<ul style="list-style-type: none"> <li>Metabolism: Beta-Oxidation</li> </ul>
Appendix D	Calculations and Conversions			
Appendix E	Growth and Body Mass Index Charts			
Appendix F	Dietary Reference Intakes			
Total		498	366	19

## Technical Support Services

- Call toll free: 1-800-832-0034, Option 5
- Email: [externaltechsupport@jblearning.com](mailto:externaltechsupport@jblearning.com)
- Report an issue at [go.jblearning.com/Nav2Help](http://go.jblearning.com/Nav2Help)
- Help documents and tutorials at [www.jblnavigate.com/support](http://www.jblnavigate.com/support)