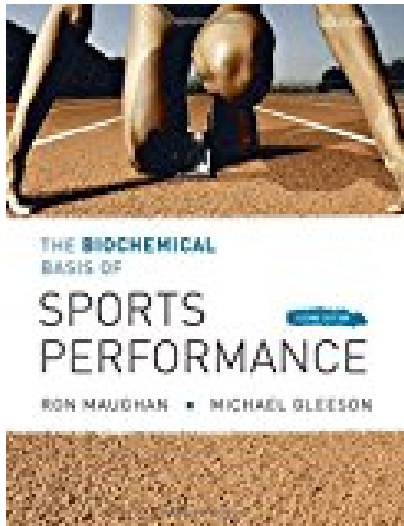


The Biochemical Basis of Sports Performance



BOOK DETAILS

- Author : Robert J. Maughan
- Pages : 320 Pages
- Publisher : Oxford University Press
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BOOK SYNOPSIS

Sports performance is all about skill, strength, speed, power, and endurance; but what governs these attributes, what limits them, and how can they be improved? Heredity, appropriate training, and diet each contribute to overall performance, but optimizing those attributes most important in a given sport requires an understanding of the processes occurring at the molecular and cellular level. To develop this understanding, the book describes how the biochemical processes underpinning energy provision relate to performance in different sports events, and how, in turn, they can be affected by diet and adaptation in response to training.

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