

sports nutrition degree

Sports nutrition database

Sports nutrition degrees

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Figueroa A, Wong A, Kinsey A, Kalfon R, Eddy W, Ormsbee MJ. Effects of milk proteins and combined exercise training on aortic hemodynamics and arterial stiffness in young obese women with high blood pressure Play'n GO Pokies. *Am J Hypertens*. 2014;27:338–44.

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Phillips SM, Tang JE, Moore DR. The role of milk- and soy-based protein in support of muscle protein synthesis and muscle protein accretion in young and elderly persons. *J Am Coll Nutr*. 2009;28:343–54.

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Athletes and athlete support specialists may be interested in special formulations as an alternative to regular sports drinks designed to meet the high metabolic costs of grueling team sports. Such products are of interest as an opportunity to prevent gastrointestinal disorders. These studies prove that the intake of alternative products is rational for addressing food intolerance and systematic training loads and effective for increasing the adaptive capabilities of athletes.

Tart cherry supplementation has been shown to enhance recovery from strenuous exercise due to its antioxidant properties. The majority of these studies used tart cherry juice, with a significant calorie conten...



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Hong Kong is a densely populated city with a low incidence and mortality of coronavirus disease 2019 (COVID-19). The city imposed different levels of social distancing including, the closure of sports venues a...

Various nutritional strategies are adopted for athletes to maintain and to improve performance during the competition season. Betaine may enhance performance during a competitive season by increasing the testo...

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Students that are searching for degree programs in sports nutrition are encouraged to select one that is accredited by a nationally recognized accrediting agency such as the Accreditation Council for Education in Nutrition and Dietetics (ACEND). In addition, the program should prepare students to sit for the Board Certified Specialist in Sports Dietetics (CSSD).



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