



# Foundations of Physical Fitness, Wellness and Sports Nutrition book

Jenifer Antony

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## Preface

The Foundations of Physical Fitness, Wellness and Sports Nutrition was written to give students and professionals a complete but useful look at the basic ideas that connect sports, health and nutrition science. The content of this book is mainly for students of nutrition, physical education and related health sciences. It could also be useful for professors, coaches, trainers and researchers who want to learn more about how health and nutrition are related.

I am grateful to Dr.G.Navaneethan, Physical Director, Department of Physical Education, PSG College of Arts & Science, Coimbatore for all the help he supported me with my studies and I also want to thank my Clinical Nutrition and Dietetics Department colleagues and students for all the support they gave me while I was working on this. I believe that this book will help individuals learn more about sports nutrition, physical fitness and wellness which will lead to a more active and nutritious society.

Jenifer Antony

# Table of Contents

## **Chapter 1: Introduction to Physical Fitness, Wellness and Lifestyle .....1**

1.1 Introduction .....	1
1.2 Meaning of Physical Fitness .....	3
1.3 Meaning of Wellness .....	6
1.4 Meaning of Lifestyle and Its Importance.....	9
1.5 Need for Physical Fitness and Well-Being .....	13
1.6 Components of Health-Related Fitness .....	15
1.7 Components of Skill-Related Fitness.....	19
1.8 Activities for Developing Physical Fitness.....	23
1.9 Case Example .....	26
1.10 Conclusion.....	29
1.11 Student Learning Tools.....	30

## **Chapter 2: Energy Nutrients for Sports Person .....33**

2.1 Introduction .....	33
2.2 Carbohydrates .....	35
2.3 Fats .....	38
2.4 Proteins .....	42
2.5 Vitamins and Minerals.....	47
2.6 Integration of Energy Nutrients .....	55
2.7 Student Learning Tools.....	57

## **Chapter 3: Fluid and Electrolytes for Athletes.....60**

3.1 Introduction .....	60
3.2 Water: Distribution and Functions.....	62

3.3 Electrolytes: Types and Functions .....	65
3.4 Fluid and Electrolyte Balance During Exercise .....	68
3.5 Dehydration: Causes, Symptoms, and Effects .....	72
3.6 Overhydration and Hyponatremia .....	75
3.7 Sports Drinks and Rehydration Solutions .....	78
3.8 Hydration Strategies for Athletes.....	81
Conclusion .....	84
3.10 Student Learning Tools.....	87
<b>Chapter 4: Nutrition for Athletes with Special Dietary Needs.....</b>	<b>91</b>
4.1 Introduction .....	91
4.2 Nutrition and Weight Management: Myths, Fads and Misconceptions .....	92
4.3 Diet and Exercise Concerns for Women’s Health .....	94
4.4 Female Athlete Triad (FAT) .....	97
4.5 Ergogenic Aids – Carbohydrate Supplements .....	101
4.6 Nutrition for Children and Adolescent Athletes .....	104
4.7 Female Athletes .....	107
4.8 Female Athlete Triad (FAT) – Assessment, Dietary Guidelines and Suggestions .....	109
4.9 Practical Meal Plan for Female Athletes .....	113
Conclusion .....	114
<b>Chapter 5: Metabolic Strategies for Power and Endurance Sports Nutrition ....</b>	<b>118</b>
5.1 Introduction .....	118
5.2 Anaerobic Metabolism for High-Intensity Bursts and Power.....	119
5.4 Integrated Metabolism for Mixed Sports .....	123
5.5 Practical Applications.....	126
5.6 Integration of Metabolic Strategies for Athletes.....	128
5.7 Student Learning Tools.....	129
References .....	132

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