

# Download Endurance In Sport The Encyclopaedia Of Sports Medicine

It is the position of the Academy of Nutrition and Dietetics (Academy), Dietitians of Canada (DC), and the American College of Sports Medicine (ACSM) that the performance of, and recovery from, sporting activities are enhanced by well-chosen nutrition strategies. Physical culture, philosophy, regimen, or lifestyle seeking maximum physical development through such means as weight (resistance) training, diet, aerobic activity, athletic competition, and mental discipline. Specific benefits include improvements in health, appearance, strength, endurance, flexibility, speed, and general fitness as well as greater proficiency in sport-related activities. Exercise: Exercise, the training of the body to improve its function and enhance its fitness. Exercise is a component of physical activity. A successful exercise program incorporates a number of general principles of physical conditioning. Such programs can greatly benefit health. Horse racing is an equestrian performance sport, typically involving two or more horses ridden by jockeys (or sometimes driven without riders) over a set distance for competition. It is one of the most ancient of all sports, as its basic premise – to identify which of two or more horses is the fastest over a set course or distance – has been unchanged since at least classical antiquity.