

# **Download Nutrition And Metabolism In Sports Exercise And Health**

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion. The diet of an organism is what it eats, which is largely determined by the availability and palatability of foods. Nutrient timing is a popular nutritional strategy that involves the consumption of combinations of nutrients--primarily protein and carbohydrate--in and around an exercise session. 2-Week Diet & Exercise Program. TAKE THE 2-WEEK CHALLENGE! Congratulations! You are about to embark on a 2-week diet and exercise program that will kick-start a healthy lifestyle. In a nutshell. This course, which has been formally accredited by SportsCoachUK for entry on to the Register of Exercise Professionals, is designed to improve the health of the nation by developing knowledge around the areas of exercise physiology and exercise prescription and instruction, cardiac rehabilitation, eating behaviour and nutrition.