

The Biochemical Basis of Sports Performance

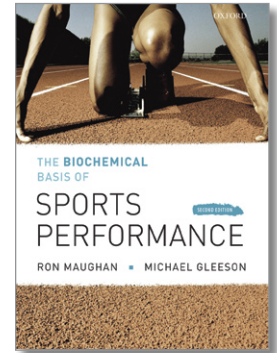
Second Edition

Ronald J. Maughan and Michael Gleeson, Both of Loughborough University

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.

Readership: Aimed primarily at undergraduate students of sports science or exercise science, but also highly relevant to students of human physiology, human nutrition and metabolism, and mammalian biochemistry, as well as coaches and athletes.

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Figure 3.1 Figure 3.2 Figure 3.3 Figure 3.4 Figure 3.5

Figure 3.6 Figure 3.7 Figure 3.8

CONTENTS

Preface

- 1: Introduction: The biochemical basis of exercise and sport
 - 2: The weightlifter
 - 3: The sprinter
 - 4: Middle Distance events
 - 5: The endurance athlete
 - 6: The games Player
 - 7: Sporting talent: The genetic basis of athletic capability
 - 8: Adaptations to training
- Appendices
Index

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Alan Tomlinson, University of Brighton

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