## BS371 Nutrition and drugs in sport and exercise



Bean A, The Complete Guide to Sports Nutrition (5th ed, A & C Black 2006)

Burke L, Practical Sports Nutrition (Human Kinetics 2007)

Cooper CE, Run, Swim, Throw, Cheat: The Science behind Drugs in Sport (Oxford University Press 2012)

Cooper CE and Beneke R, Drugs and Ergogenic Aids to Improve Sport Performance, vol Essays in biochemistry (Portland 2008)

——, Drugs and Ergogenic Aids to Improve Sport Performance, vol Essays in biochemistry (Portland 2008)

Cooper CE and dawsonera, Run, Swim, Throw, Cheat: The Science behind Drugs in Sport (Oxford University Press 2012)

<https://ebookcentral.proquest.com/lib/universityofessex-ebooks/detail.action?docID=889717>

Jeukendrup AE and Gleeson M, Sport Nutrition: An Introduction to Energy Production and Performance (2nd ed, Human Kinetics 2010)

Kimmage P, Rough Ride: Behind the Wheel with a pro Cyclist (Yellow Jersey Press 1998)

Maughan RJ and others, Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition (Routledge 2004)

——, Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition (Routledge 2004) <https://search.ebscohost.com/login.aspx?direct=true&db=nlebk&AN=115674>

McArdle WD and others, Sports and Exercise Nutrition (4th ed, Wolters Kluwer/Lippincott Williams & Wilkins Health 2013)

McArdle WD, Katch FI and Katch VL, Exercise Physiology: Nutrition, Energy, and Human Performance, vol Exercise Physiology (McArdle) (Eighth edition, Wolters Kluwer Health/Lippincott Williams & Wilkins 2015)

Mottram DR, Drugs in Sport (5th ed, Routledge 2011)

Voet W, Breaking the Chain: Drugs and Cycling; the True Story (Yellow Jersey 2001)