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...professional and reproductive health outcomes. The latest data on women's health is presented to help you identify those factors that can impact and influence fertility. The book also provides an overview of the best evidence available to you.

...up to and during competition. Practical and user friendly, this text also includes "In Practice" application exercises, mini-case studies, and four extended case studies to assist in translating the information to your own practice.

...and recovery. Inclusion of nutrient ingestion timing into your athlete's training program can promote enhanced recovery, create positive training adaptations, improve body composition, support immunity, and ultimately enhance performance. Practical and user friendly, this text also includes "In Practice" application exercises, mini-case studies, and four extended case studies to assist in translating the information to your own practice.

...long term athlete development (LTAD). This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this research will help basketball organizations and coaches develop gender-specific training and performance strategies to improve the long-term athletic career of basketball players. The book is written in an engaging and logical manner, making it accessible for readers with a variety of knowledge levels. It is a must-read for basketball coaches, sport scientists, and researchers interest...