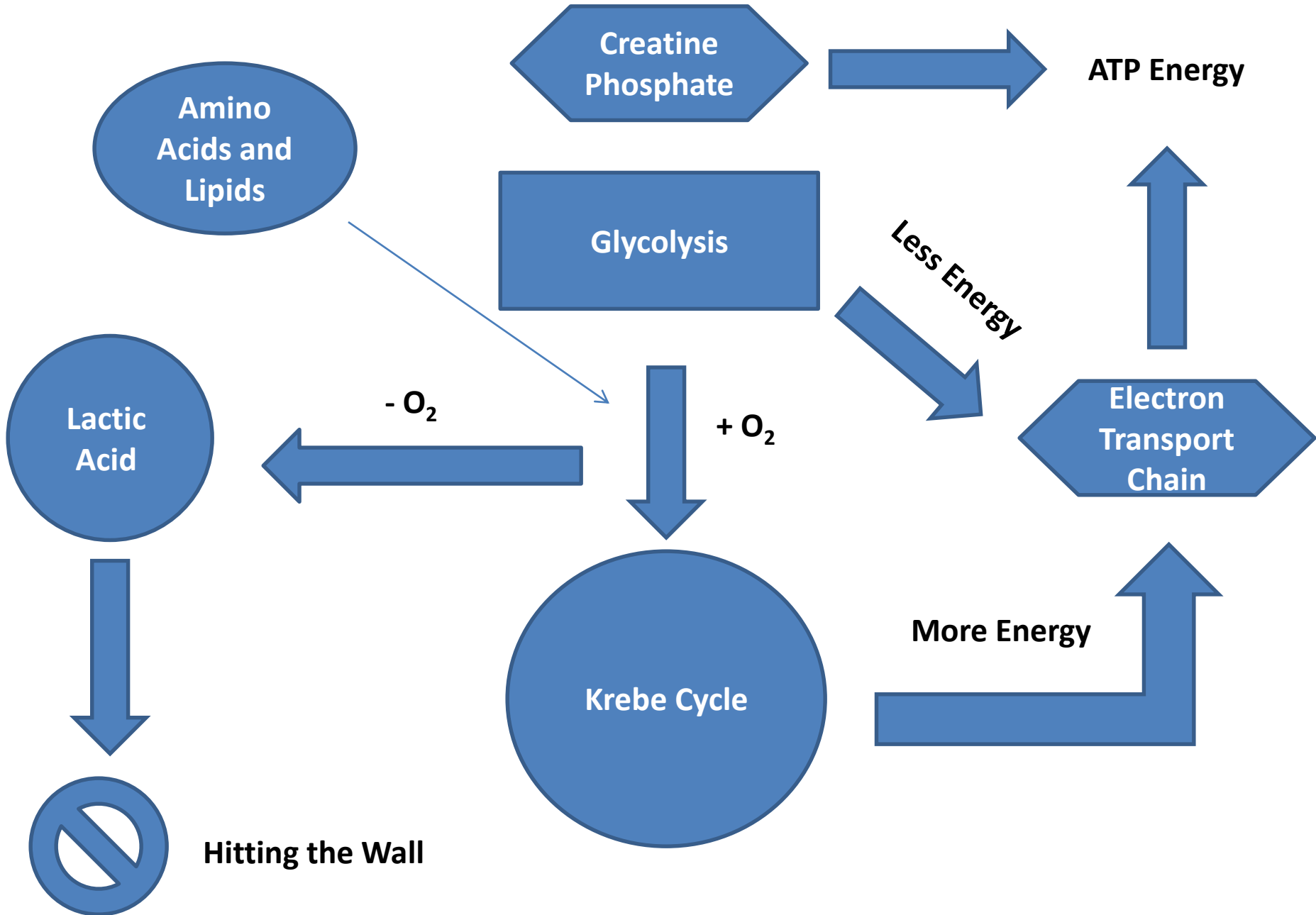


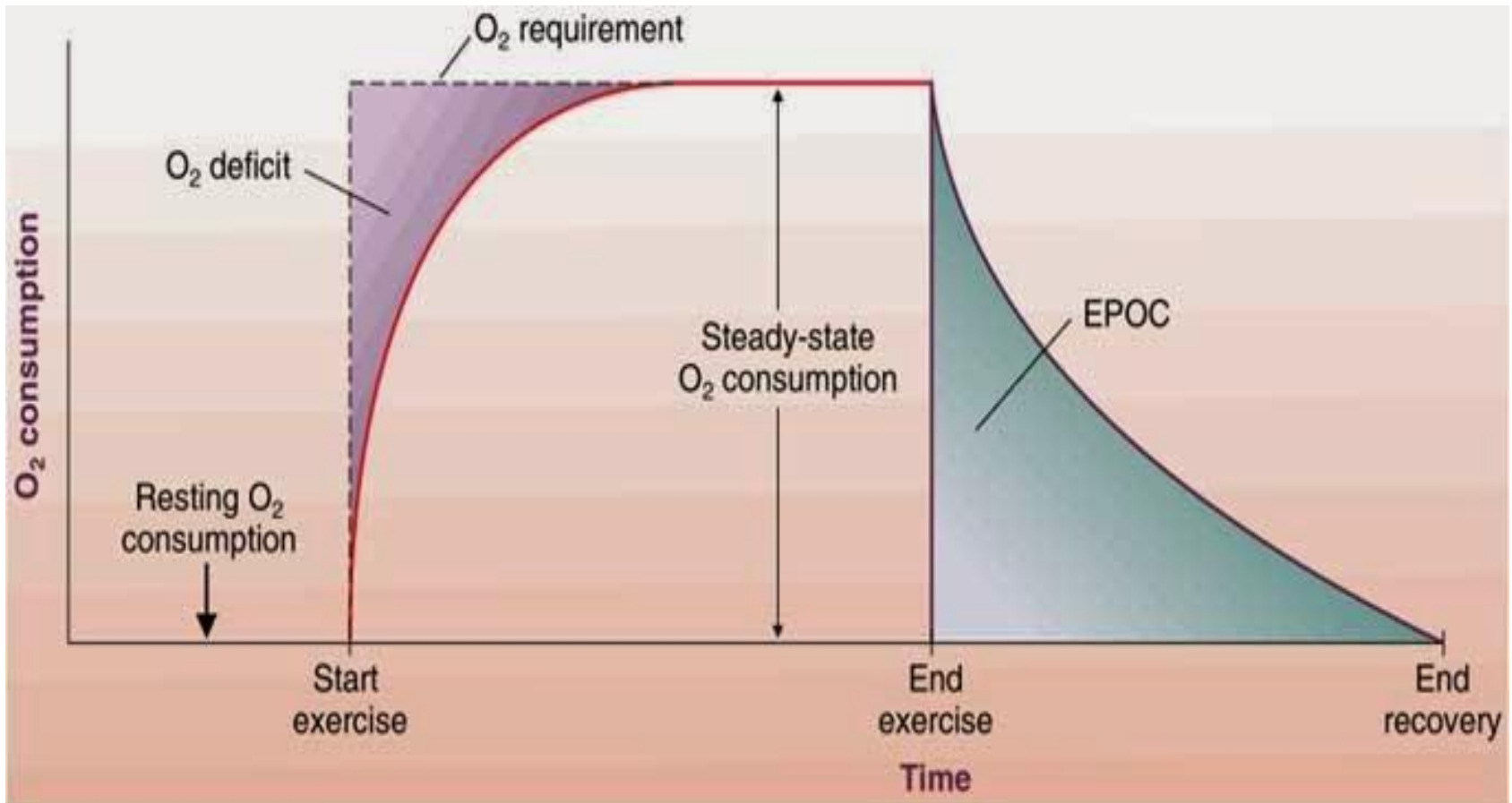
Understanding Sports Nutrition

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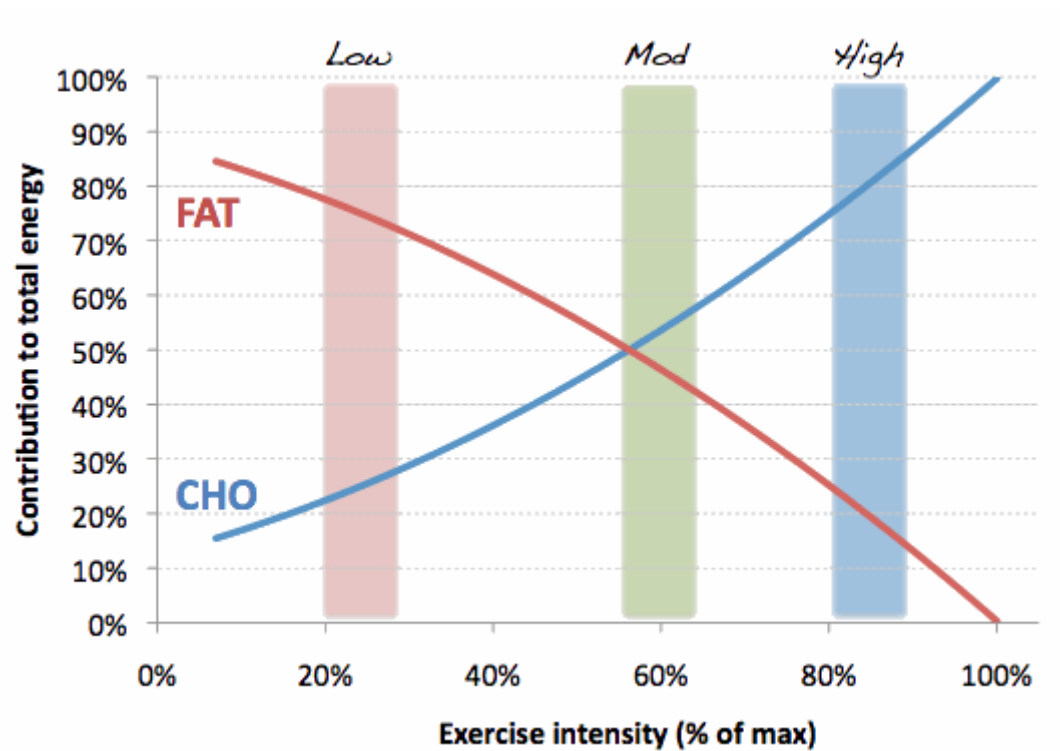
Rapid, short, and quick



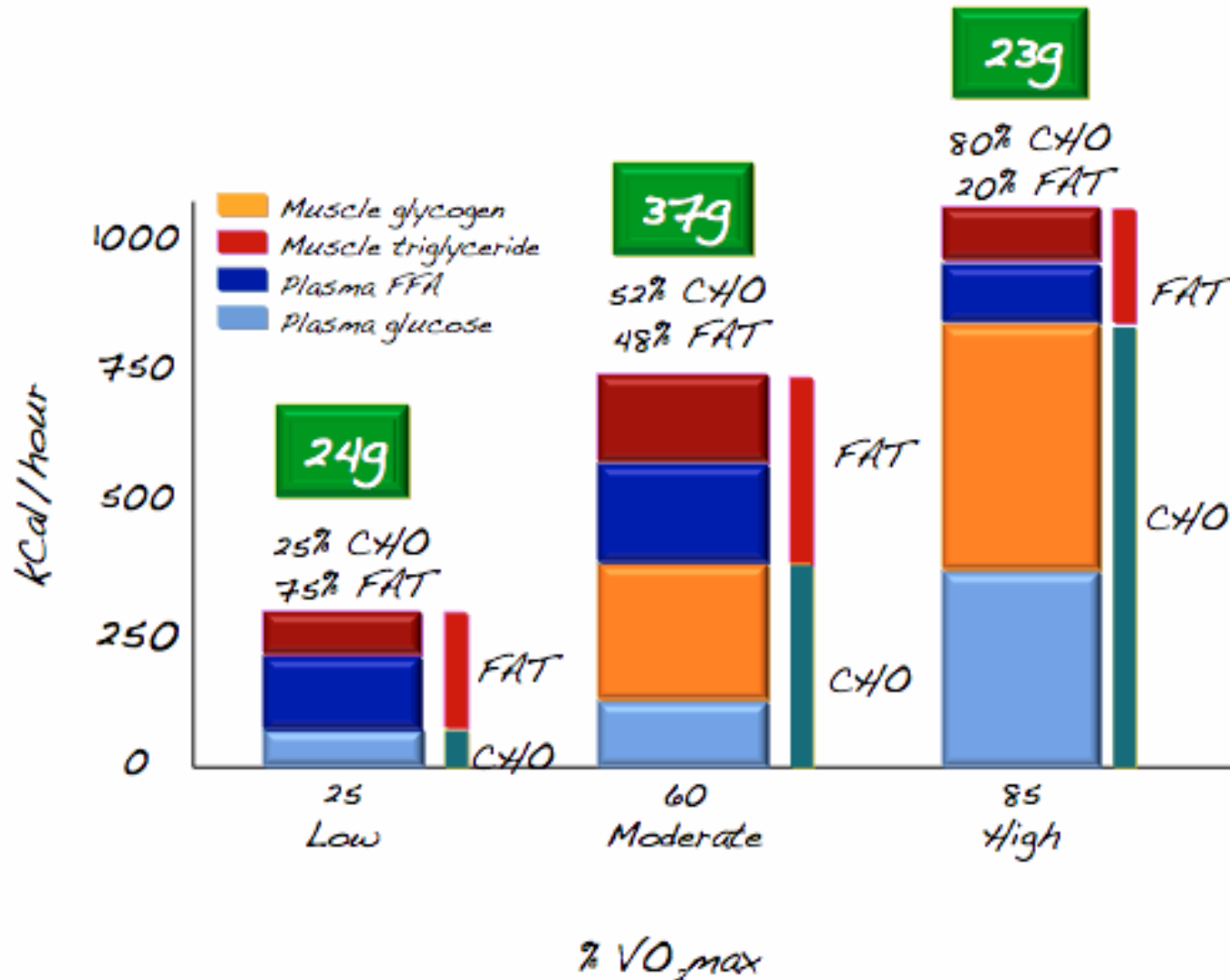
Excess Post-Exercise Oxygen Consumption (EPOC)



Its all about Exercise Intensity



Walking to class wont result in weight loss...run and be on time



Major hormonal changes in resistance exercise

Hormone-type	Acute change	Chronic change
Insulin-anabolic	Increases with proper CHO+protein meal pre-exercise	Do not increase, insulin sensitivity improves
Cortisol-catabolic	Increases	Increases if recovery was not sufficient
Testosterone-anabolic	Increases in men mainly	No change except in pre and pubertal boys
Growth hormone-anabolic	Increases	No chronic changes observed

Hormonal precursors are used as supplements, but no evidence of effectiveness
Using hormone supplements is banned in sports. It breaches the honor code of fair play. World Anti-Doping Agency (WADA) 2014 list can be found on
<http://list.wada-ama.org/by-substance/>