

References for Board Certification as a Specialist in Sports Dietetics Examination

Sports Dietetics Practice

Burke L. *Practical Sports Nutrition*. Champaign, IL: Human Kinetics; 2007. ISBN: 073604695x

Burke LM and Deakin V (eds). *Clinical Sports Nutrition*, 4th ed. Australia: McGraw-Hill; 2009. ISBN: 0070277206

Rosenbloom C. *Sports Nutrition: A Practice Manual for Professionals*. 5th ed. Chicago, IL: SCAN Dietetic Practice Group, The Academy of Nutrition and Dietetics; 2012. ISBN: 0880914521

Sports Nutrition-Exercise Physiology

Dunford M and Doyle JA. *Nutrition for Sport and Exercise*, 2nd ed. Belmont, CA: Thomson Wadsworth; 2011. ISBN: 0840068298

McArdle WD, Katch FI, and Katch VL. *Sports & Exercise Nutrition*, 4th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2012. ISBN: 1451118063

Williams M. *Nutrition for Health, Fitness and Sport*. 10th ed. New York, NY: McGraw-Hill Science/Engineering/Math; 2012. ISBN: 0078021324

Exercise Physiology

Brooks GA, Fahey TD, Baldwin KM. *Exercise Physiology: Human Bioenergetics and Its Applications*, 4th ed. New York, NY: McGraw-Hill; 2005. ISBN: 0072556420

McArdle WD, Katch FI, Katch VL. *Exercise Physiology: Energy, Nutrition, and Human Performance*. 7th ed. Hagerstown, MD: Lippincott, Williams and Wilkins; 2009. ISBN: 0781797810

Position Papers

Sawka MN, Burke L, Eichner R, Maughan RJ, Montain SJ, Stachenfeld N. American College of Sports Medicine exercise and fluid replacement position stand. *Medicine and Science in Sports and Exercise*. 2007; 377-390.

http://journals.lww.com/acsmmsse/Fulltext/2007/02000/Exercise_and_Fluid_Replacement.22.aspx

Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *J Am Diet Assoc*. 2009; 109(3):509-527.

<http://www.eatright.org/About/Content.aspx?id=8365>

American College of Sports Medicine. Position Stand on the Female Athlete Triad. *Medicine and Science in Sports and Exercise*. 2007; 1867-1882.

http://journals.lww.com/acsm-msse/Fulltext/2007/10000/The_Female_Athlete_Triad.26.aspx

Position of the American Dietetic Association: Nutrition Intervention in the Treatment of Eating Disorders. *J Am Diet Assoc.* 2011; 111(8): 1236-1241.

<http://www.eatright.org/About/Content.aspx?id=8386>

Specific Sports Related Topics

Beals KA. *Disordered Eating Among Athletes A Comprehensive Guide for Health Professionals.* Champaign, IL: Human Kinetics, 2004. ISBN: 0736042199

Sarubin-Fragakis A. *The Health Professional's Guide to Popular Dietary Supplements*, 3rd ed. Chicago, IL: American Dietetic Association, 2007. ISBN: 9780880913638