

## Nsca Guide To Sport And Exercise Nutrition

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### National Strength and Conditioning Association (NSCA)

Each client and athlete can benefit from a customized diet tailored to the frequency, intensity, duration, and specificity of their training and demands of the sport or activity. With NSCA's Guide to Sport and Exercise Nutrition, Second Edition CE Course, you will get an in-depth understanding of how food and sport supplements can enhance exercise and sport performance for optimal training, competition, and recovery.

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