

- American College of Sports Medicine, 2010, American College of Sports Medicine's Resource Manual for Guidelines for Exercise Testing and Prescription, Philadelphia, PA: Lippincott Williams & Wilkins.
- Australian Sports Commission, 2018, ASC recognition, ASC, retrieved from <www.ausport.gov.au/supporting/nso/asc_recognition>.
- Borg, G.A., 1982, 'Psychophysical bases of perceived exertion', *Medicine & Science in Sports & Exercise*, vol. 14, no. 5, pp. 377–81.
- Department of Health, 2017, Australia's physical activity and sedentary behaviour guidelines, retrieved from <www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>.
- Exercise and Sports Science Australia, 2018, Accredited exercise scientist scope of practice, retrieved from <www.essa.org.au/wp-content/uploads/2018/05/Accredited-Exercise-ScientistScope-of-Practice_2018.pdf>.
- Foster, C., Florhaug, J.A., Franklin, J. et al., 2001, 'A new approach to monitoring exercise training', *Journal of Strength & Conditioning Research*, vol. 15, no. 1, pp. 109–15.
- Gellish, R.L., Goslin, B.R., Olson, R.E. et al., 2007, 'Longitudinal modeling of the relationship between age and maximal heart rate', *Medicine & Science in Sports & Exercise*, vol. 39, no. 5, pp. 822–9.
- Global Association of International Sports Federations, 2012, Definition of sport, retrieved from <https://web.archive.org/web/20121205004927/http://www.sportaccord.com/en/members/definition-of-sport>.
- Karvonen, M.J., 1957, 'The effects of training on heart rate: A longitudinal study', *Annales Medicinae Experimentalis et Biologiae Fenniae*, vol. 35, no. 3, pp. 307–15.
- Neiman, D., 1994, 'Exercise, upper respiratory tract infection, and the immune system', *Medicine & Science in Sports & Exercise*, vol. 26, no. 2, pp. 128–39.
- National Strength and Conditioning Association, 2011, NSCA's Guide to Program Design: Understand the general principles of periodization, Champaign, IL: Human Kinetic.

- Anonymous, 1952, 'Method of calculating the energy metabolism', *Acta Paediatrica*, vol. 41, pp. 67–76.
- Baker, J.S., McCormick, M.C. & Robergs, R.A., 2010, 'Interaction among skeletal muscle metabolic energy systems during intense exercise', *Journal of Nutrition and Metabolism*, vol. 13, doi:10.1155/2010/905612.
- Borsheim, E. & Bahr, R., 2003, 'Effect of exercise intensity, duration and mode on post-exercise oxygen consumption', *Sports Medicine*, vol. 33, no. 14, pp. 1037–60.
- Cooper, R., Naclerio, F., Allgrove, J. et al., 2012, 'Creatine supplementation with specific view to exercise/sports performance: An update', *Journal of International Society of Sports Nutrition*, vol. 9, no. 1, p. 33, doi:10.1186/1550-2783-9-33.
- Kerksick, C.M. & Kulovitz, M., 2014, 'Requirements of energy, carbohydrates, proteins and fats for athletes,' in: Bagchi, D., Nair, S. & Sen, C.K., *Nutrition and Enhanced Sports Performance*: Amsterdam, Elsevier.
- Lemon, P. & Nagle, F., 1981, 'Effects of exercise on protein and amino acid metabolism', *Medicine & Science in Sports & Exercise*, vol. 13, no. 3, pp. 141–9.
- Mifflin, M.D., St Jeor, S.T., Hill, L.A. et al., 1990, 'A new predictive equation for resting energy expenditure in healthy individuals', *American Journal of Clinical Nutrition*, vol. 51, no. 2, pp. 241–7.
- Newsholme, E.A., Leech, A.R. & Duester, G., 1994, *Keep on Running: The science of training and performance*, Chichester, UK: John Wiley & Sons.
- Peronnet, F. & Massicotte, D., 1991, 'Table of nonprotein respiratory quotient: An update', *Canadian Journal of Sport Science*, vol. 16, no. 1, pp. 23–9.

- Brouns, F. & Beckers, E., 1993, 'Is the gut an athletic organ?', *Sports Medicine*, vol. 15, no. 4, pp. 242–57.
- Cermak, N.M. & Van Loon, L.J.C., 2013, 'The use of carbohydrates during exercise as an ergogenic aid', *Sports Medicine*, vol. 43, no. 11, pp. 1139–55.
- Cošta, R., Snipe, R., Kitic, C. et al., 2017, 'Systematic review: exercise-induced gastrointestinal syndrome—implications for health and intestinal disease', *Alimentary Pharmacology & Therapeutics*, vol. 46, no. 3, pp. 246–65.
- De Oliveira, E.P., Burini, R.C. & Jeukendrup, A., 2014, 'Gastrointestinal complaints during exercise: Prevalence, etiology, and nutritional recommendations', *Sports Medicine*, vol. 44, suppl. 1, pp. 79–85.
- Hodgson, J.M., 2011, 'Digestion of food', in Wahlqvist, M.L. (ed.), *Food and Nutrition: Food and health systems in Australia and New Zealand*, 3rd edn, Sydney, NSW: Allen & Unwin, pp. 312–27.
- Jentjens, R.L. & Jeukendrup, A.E., 2005, 'High rates of exogenous carbohydrate oxidation from a mixture of glucose and fructose ingested during prolonged cycling exercise', *British Journal of Nutrition*, vol. 93, no. 4, pp. 485–92.
- Jentjens, R.L., Moseley, L., Waring, R.H. et al., 2004a, 'Oxidation of combined ingestion of glucose and fructose during exercise', *Journal of Applied Physiology*, vol. 96, no. 4, pp. 1277–84.
- Jentjens, R.L., Venables, M.C. & Jeukendrup, A.E., 2004b, 'Oxidation of exogenous glucose, sucrose, and maltose during prolonged cycling exercise', *Journal of Applied Physiology*, vol. 96, no. 4, pp. 1285–91.
- Jeukendrup, A.E., 2017, 'Training the gut for athletes', *Sports Medicine*, vol. 47, suppl. 1, pp. 101–10.
- Murray, R., 2006, 'Training the gut for competition', *Current Sports Medicine Reports*, vol. 5, no. 3, pp. 161–4.
- Peters, H., Wiersma, J., Koerselman, J. et al., 2000, 'The effect of a sports drink on gastroesophageal reflux during a run-bike-run test', *International Journal of Sports Medicine*, vol. 21, no. 1, pp. 65–70.
- Pfeiffer, B., Stellingwerff, T., Hodgson, A.B. et al., 2012, 'Nutritional intake and gastrointestinal problems during competitive endurance events', *Medicine & Science in Sports & Exercise*, vol. 44, no. 2, pp. 344–51.

Wagenmakers, A., Brouns, F., Saris, W. et al., 1993, 'Oxidation rates of orally ingested carbohydrates during prolonged exercise in men', *Journal of Applied Physiology*, vol. 75, no. 6, pp. 2774–80.

Wallis, G.A., Rowlands, D.S., Shaw, C. et al., 2005, 'Oxidation of combined ingestion of maltodextrins and fructose during exercise', *Medicine & Science in Sports & Exercise*, vol. 37, no. 3, pp. 426–32.

منابع

Dehghan, M., Mente, A., Zhang, X., et al., 2017, 'Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): A prospective cohort study', *Lancet*, vol. 390, no. 10107, pp. 20150–62.

Food Standards Australia and New Zealand, 2017, *Trans Fatty Acids*, Canberra, ACT: Food Standards Australia and New Zealand, retrieved from <www.foodstandards.gov.au/consumer/nutrition/transfat/Pages/default.aspx>.

Fowler, S.P., Williams, K., Resendez, R.G., et al., 2008, 'Fueling the Obesity Epidemic? Artificially sweetened beverage use and long-term weight gain', *Obesity*, vol. 16, no. 8, pp. 1894–1900.

Hodgson, J.M., 2011, 'Protein' and 'Digestion of food', in Wahlqvist, M.L. (ed.), *Food and Nutrition: Food and health systems in Australia and New Zealand*, 3rd edn, Sydney, NSW: Allen & Unwin, pp. 295–327.

Jones, G.P. & Hodgson, J.M., 2011, 'Carbohydrates' and 'Fats', in Wahlqvist, M.L. (ed.), *Food and Nutrition: Food and health systems in Australia and New Zealand*, 3rd edn, Sydney, NSW: Allen & Unwin, pp.268–94.

Manning, M., Smith, C. & Mazerolle, P., 2013, *The Societal Costs of Alcohol Misuse in Australia*, Trends and Issues in Crime and Criminal Justice, No. 454, Canberra, ACT: Australian Institute of Criminology.

National Health and Medical Research Council, Australian Government Department of Health and Ageing, New Zealand Ministry of Health, 2006, *Nutrient Reference Values for Australia and New Zealand*, Canberra, ACT: National Health and Medical Research Council.

National Health and Medical Research Council, 2009, *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*, Canberra, ACT: National Health and Medical Research Council.

National Health and Medical Research Council, 2013, *Australian Dietary Guidelines*, Canberra, ACT: National Health and Medical Research Council.

World Health Organization (WHO), 2015, *Guideline: Sugar Intake for Adults and Children*, Geneva: World Health Organization.

Zakhari, S., 2006, 'Overview: How is alcohol metabolized in the body?', *Alcohol Research and Health*, vol. 29, no. 4, pp. 245–54.

منابع

Australian Bureau of Statistics (ABS), 2014, *Australian Health Survey: Nutrition First Results—Foods and Nutrients 2011–12* [Online], Australian Bureau of Statistics, <<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0.55.010>>, accessed 20 July 2017.

Deakin, V., 2010, 'Prevention, detection and treatment of iron depletion in athletes', in Burke, L.M. & Deakin, V. (eds), *Clinical Sports Nutrition*, Australia: McGraw-Hill Education.

Kreider, R.B., Wilborn, C.D., Taylor, L. et al., 2010, 'ISSN exercise & sport nutrition review: Research & recommendations', *Journal of the International Society of Sports Nutrition*, vol. 7, p. 7.

Lukaski, H.C., 2004, 'Vitamin and mineral status: Effects on physical performance', *Nutrition*, vol. 20, no. 7-8, pp. 632–44.

Maughan, R.J., 1999, 'Role of micronutrients in sport and physical activity', *British Medical Bulletin*, vol. 55, no. 3, pp. 683–90.

Nowson, C.A., McGrath, J.J., Ebeling, P.R., et al., 2012, 'Vitamin D and health in adults in Australia and New Zealand: A position statement', *Medical Journal of Australia*, vol. 196, no. 11, pp. 686–7.

Powers, S., Nelson, W.B. & Larson-Meyer, E., 2011, 'Antioxidant and vitamin D supplements for athletes: Sense or nonsense?', *Journal of Sports Sciences*, vol. 29, suppl. 1, pp. S47–55.

Rodriguez, N.R., DiMarco, N.M. & Langley, S., 2009, 'Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance', *Journal of the American Dietetic Association*, vol. 109, no. 3, pp. 509–27.

Woolf, K. & Manore, M.M., 2006, 'B-vitamins and exercise: Does exercise alter requirements?', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 16, no. 5, pp. 453–84.

منابع

American Society for Nutrition, 2011, *Protein Complementation*, <<https://nutrition.org/proteincomplementation/>>, accessed 29 March 2018.

Food Standards Australia New Zealand, 2010, *NUTTAB 2010—Australian Food Composition Tables*, Canberra, ACT: Food Standards Australia New Zealand.

Ministry of Health, 2015, *Eating and Activity Guidelines for New Zealand Adults*, Wellington, NZ: Ministry of Health.

National Health and Medical Research Council, Australian Government Department of Health and Ageing, New Zealand Ministry of Health, 2006, *Nutrient Reference Values for Australia and New Zealand*, Canberra, ACT: National Health and Medical Research Council.

National Health and Medical Research Council, 2013, *Australian Dietary Guidelines*, Canberra, ACT: National Health and Medical Research Council.

- Australian Bureau of Statistics, 2014, Australian Health Survey: Nutrition First Results—Foods and Nutrients, 2011–12 [Online], Australian Bureau of Statistics, <<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Key%20Findings~1>>, accessed 29 January 2018.
- National Cancer Institute, n.d., Dietary Assessment Primer: 24-Hour Dietary Recall (24HR) at a Glance, retrieved from <<https://dietassessmentprimer.cancer.gov/profiles/recall/index.html>>, accessed 5 December 2017. — n.d., Dietary Assessment Primer: Food Frequency Questionnaire at a glance, retrieved from <<https://dietassessmentprimer.cancer.gov/profiles/questionnaire/index.html>>. — n.d., Dietary Assessment Primer: Food Record at a Glance, retrieved from <<https://dietassessmentprimer.cancer.gov/profiles/record/>>. National Health and Medical Research Council (NHMRC) 2006, Nutrient Reference Values, <www.nrv.gov.au/>, accessed 22 September 2017. — 2013, Eat for Health: Australian Dietary Guidelines Summary, retrieved from <www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines_summary_131014.pdf>.
- Perez Rodrigo, C., Aranceta, J., Salvador, G. et al., 2015, 'Food frequency questionnaires', *Nutricion Hospitalaria*, vol. 31, no. 3, pp. 49–56.
- Probst, Y.C. & Cunningham, J., 2015, 'An overview of the influential developments and stakeholders within the food composition program of Australia', *Trends in Food Science and Technology*, vol. 42, no. 2, pp. 173–82.
- Salvador Castell, G., Serra-Majem, L. & Ribas-Barba, L., 2015, 'What and how much do we eat? 24-hour dietary recall method', *Nutricion Hospitalaria*, vol. 31, no. 3, pp. 46–8.
- Sobolewski, R., Cunningham, J. & Mackerras, D., 2010, 'Which Australian food composition database should I use?', *Nutrition & Dietetics*, vol. 67, no. 1, pp. 37–40.
- Tapsell, L.C., Brenninger, V. & Barnard, J., 2000, 'Applying conversation analysis to foster accurate reporting in the diet history interview', *Journal of the American Dietetic Association*, vol. 100, no. 7, pp. 818–24.

- Ainsworth, B.A., Haskell, W.L., Whitt, M.C., et al., 2000, 'Compendium of physical activities: An update of activity codes and MET intensities', *Medicine & Science in Sports and Exercise*, vol. 32, no. 9, pp. S498–516.
- DiClemente, C.C. & Velasquez, M.M., 2002, 'Motivational interviewing and the stages of change', in Miller, W.R. & Rollnick, S. (eds), *Motivational Interviewing: Preparing People for Change*, 2nd edn, New York, NY: The Guilford Press.
- Miller, W.R. & Rollnick, S. (eds), 2002, *Motivational Interviewing: Preparing People for Change*, 2nd edn, New York, NY: The Guilford Press.
- Prochaska, J.O. & DiClemente, C.C., 1982, 'Transtheoretical therapy: Toward a more integrative model of change', *Psychotherapy: Theory, Research and Practice*, vol. 9, no. 3, pp. 276–87.
- Rollnick, S. & Miller, W.R., 1995, 'What is motivational interviewing?', *Behavioural and Cognitive Psychotherapy*, vol. 23, no. 4, pp. 325–34.

- Bartlett, J.D., Hawley, J.A. & Morton, J.P., 2015, 'Carbohydrate availability and exercise training adaptation: Too much of a good thing?', *European Journal of Sport Science*, vol. 15, no. 1, pp. 3–12.
- Burke, L.M., 2015, 'Re-examining high-fat diets for sports performance :Did we call the “nail in the coffin” too soon?', *Sports Medicine*, vol. 15, suppl. 1, pp. S33–49.
- Burke, L.M. & Jeacocke, N.A., 2011, 'The basis of nutrient timing and its place in sport and metabolic regulation', in Kerkick C. (ed.), *Nutrient Timing: Metabolic Optimisation for Health, Performance and Recovery*, Boca Raton, FL: CRC Press, pp. 1–22.
- Burke, L.M., Ross, M.L., Garvican-Lewis, L.A., et al., 2017, 'Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers', *Journal of Physiology*, vol. 595, no. 9, pp. 2785–807.
- Garrett, A.T., Goossens, N.G., Rehrer, N.J. et al., 2014, 'Short-term heat acclimation is effective and may be enhanced rather than impaired by dehydration', *American Journal of Human Biology*, vol. 26, no. 3, pp. 20–31.
- Gejl, K.D., Thams, L., Hansen, M., et al., 2017, 'No superior adaptations to carbohydrate periodisation in elite endurance athletes', *Medicine & Science in Sports & Exercise*, vol. 49, no. 12, pp. 2486–97.
- Havemann, L., West, S., Goedecke, J.H., et al., 2006, 'Fat adaptation followed by carbohydrate-loading compromises high-intensity sprint', *Journal of Applied Physiology*, vol. 100, no. 1, pp. 194–202.
- Jeukendrup, A.E., 2017, 'Training the gut for athletes', *Sports Medicine*, vol. 47, suppl. 1, pp. 101–10.
- Marquet, L.A., Hausswirth, C., Molle, O., et al., 2016, 'Periodization of carbohydrate intake: Short-term effect on performance', *Nutrients*, vol. 8, no. 12, pp. 755.
- Phinney, S.D., Bistrian, B.R., Evans, W.J., et al., 1983, 'The human metabolic response to chronic ketosis without caloric restriction :Preservation of submaximal exercise capability with reduced carbohydrate oxidation', *Me-*

tabolism, vol. 32, no. 8, pp. 769–76.

- Stellingwerff, T., 2013, 'Contemporary nutrition approaches to optimise elite marathon performance', *International Journal of Sports Physiology and Performance*, vol. 8, no. 5, pp. 573–8.
- Volek, J.S., Noakes, T., & Phinney, S.D., 2015, 'Rethinking fat as a fuel for endurance exercise', *European Journal of Sport Science*, vol. 15, no. 1, pp. 13–20.

منابع

- Burke, L.M., Hawley, J.A., Wong, S.H. et al., 2011, 'Carbohydrates for training and competition', *Journal of Sports Sciences*, vol. 29, suppl. 1, pp. S17–27.
- Jäger, R., Kerksick, C.M., Campbell, B.I. et al., 2017, 'International Society of Sports Nutrition position stand: Protein and exercise', *Journal of the International Society of Sports Nutrition*, vol. 14, suppl 2, p. 20.
- Garth, A.K. & Burke, L.M., 2013, 'What do athletes drink during competitive sporting activities?', *Sports Medicine*, vol. 43, no. 7, pp. 64–539.
- Kerksick, C.M., Arent, S., Schoenfeld, B.J., et al., 2017, 'International Society of Sports Nutrition position stand: Nutrient timing', *Journal of the International Society of Sports Nutrition*, vol. 14, suppl. 2, p. 33.
- Thomas, D.T., Erdman, K.A. & Burke, L.M., 2016, 'American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance', *Medicine & Science in Sports & Exercise*, vol. 48, no. 3, pp. 543–68.
- van Loon, L.J., 2014, 'Is there a need for protein ingestion during exercise?', *Sports Medicine*, vol. 44, suppl. 1, pp. 105–11.

منابع

- Armstrong, L., Soto, J., Hacker, F. et al., 1998, 'Urinary indices during dehydration, exercise, and rehydration', *International Journal of Sport & Nutrition*, vol. 8, no. 4, pp. 345–55.
- Armstrong, L.E., 2005, 'Hydration assessment techniques', *Nutrition Reviews*, vol. 63, suppl. 6, pp. 40–54.
- Campagnolo, N., Iudakhina, E., Irwin, C. et al., 2017, 'Fluid, energy and nutrient recovery via ad libitum intake of different fluids and food', *Physiology & Behaviour*, vol. 171, pp. 228–35.
- Cheuvront, S.N., Carter, R., Montain, S.J. et al., 2004, 'Daily body mass variability and stability in active men undergoing exercise-heat stress', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 14, no. 5, pp. 532–40.
- Desbrow, B., Jansen, S., Barrett, A., et al., 2014, 'Comparing the rehydration potential of different milk-based drinks to a carbohydrate-electrolyte beverage', *Applied Physiology, Nutrition, and Metabolism*, vol. 39, no. 12, pp. 1366–72.
- Desbrow, B., Murray, D. & Leveritt, M., 2013, 'Beer as a sports drink? Manipulating beer's ingredients to replace lost fluid', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 23, no. 6, pp. 593–600.
- Garth, A.K. & Burke, L.M., 2013, 'What do athletes drink during competitive sporting activities?', *Sports Medicine*, vol. 43, no. 7, pp. 539–64.
- Jequier, E. & Constant, F., 2010, 'Water as an essential nutrient: The physiological basis of hydration', *European Journal of Clinical Nutrition*, vol. 64, no. 2, pp. 115–23.
- Maughan, R.J., 2003, 'Impact of mild dehydration on wellness and on exercise performance', *European Journal of Clinical Nutrition*, vol. 57, suppl. 2, pp. 19–23.
- Maughan, R., Leiper, J. & Shirreffs, S., 1996, 'Restoration of fluid balance after exercise-induced dehydration: Effects of food and fluid intake', *European Journal of Applied Physiology and Occupational Physiology*, vol. 73, no. 3–4, pp. 317–25.
- Maughan, R.J., Watson, P., Cordery, P.A. et al., 2016, 'A randomized trial to assess the potential of different beverages to affect hydration status: Development of a beverage hydration index', *American Journal of Clinical Nutrition*, vol. 103, no. 3, pp. 717–23.
- McCartney, D., Irwin, C., Cox, G.R. et al., under review, 'Fluid, energy and nutrient recovery via ad libitum intake of different commercial beverages and food in female athletes', *Applied Physiology, Nutrition & Metabolism*.
- Murray, B., 2007, 'Hydration and physical performance', *Journal of American College of Nutrition*, vol. 26, suppl. 5, pp. 542–48.
- Oppliger, R.A. & Bartok, C., 2002, 'Hydration testing of athletes', *Sports Medicine*, vol. 32, no. 15, pp. 959–71.
- Pryor, J.L., Johnson, E.C., Del Favero, J. et al., 2015, 'Hydration status and sodium balance of endurance runners consuming post-exercise supplements of varying nutrient content', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 25, no. 5, pp. 471–9.
- Sawka, M.N., Burke, L.M., Eichner, E.R. et al., 2007, 'American College of Sports Medicine Position stand. Exercise and fluid replacement', *Medicine & Science in Sports & Exercise*, vol. 39, no. 2, pp. 377–90.
- Thomas, D.T., Erdman, K.A. & Burke, L.M., 2016, 'Position of Dietitians of Canada, the Academy of Nutrition and Dietetics, and the American College of Sports Medicine: Nutrition and athletic performance', *Dietitians of Canada*, pp. 23–25, <<https://www.dietitians.ca/Downloads/Public/noap-position-paper.aspx>>, accessed 15 November 2018.

- Beedie, C.J. & Foad, A.J., 2009, 'The placebo effect in sports performance: A brief review', *Sports Medicine*, vol. 39, no. 4, pp. 313–29.
- Desbrow, B., Biddulph, C., Devlin, B. et al., 2012, 'The effects of different doses of caffeine on endurance cycling time trial performance', *Journal of Sports Science*, vol. 30, no. 2, pp. 115–20.
- Desbrow, B., Hughes, R., Leveritt, M. et al., 2007, 'An examination of consumer exposure to caffeine from retail coffee outlets', *Food & Chemical Toxicology*, vol. 45, no. 9, pp. 1588–92.
- Halson, S.L. & Martin, D.T., 2013, 'Lying to win—Placebos and sport science', *International Journal of Sports Physiology & Performance*, vol. 8, no. 6, pp. 597–9.
- Jones, A.M., 2014, 'Influence of dietary nitrate on the physiological determinants of exercise performance: a critical review', *Applied Physiology & Nutritional Metabolism*, vol. 39, no. 9, pp. 1019–28.
- McMahon, N.F., Leveritt, M.D. & Pavey, T.G., 2017, 'The effect of dietary nitrate supplementation on endurance exercise performance in healthy adults: A systematic review and meta-analysis', *Sports Medicine*, vol. 47, no. 4, pp. 735–56.
- Peart, D.J., Siegler, J.C. & Vince, R.V., 2012, 'Practical recommendations for coaches and athletes: A meta-analysis of sodium bicarbonate use for athletic performance', *Journal of Strength & Conditioning Research*, vol. 26, no. 7, pp. 1975–83.
- Quinlivan, A., Irwin, C., Grant, G.D. et al., 2015, 'The effects of Red Bull energy drink compared with caffeine on cycling time-trial performance', *International Journal of Sports Physiology & Performance*, vol. 10, no. 7, pp. 897–901.
- Zhang, Y., Coca, A., Casa, D.J., et al., 2015, 'Caffeine and diuresis during rest and exercise: A meta-analysis', *Journal of Science and Medicine in Sport*, vol. 18, no. 5, pp. 569–74.

- Cole, C.R., Salvaterra, G.F., Davis, J.E.J. et al., 2005, 'Evaluation of dietary practices of national collegiate athletic association division I football players', *Journal of Strength and Conditioning Research*, vol. 19, no. 3, pp. 490–4.
- Hume, P. & Marfell-Jones, M., 2008, 'The importance of accurate site location for skinfold measurement', *Journal of Sports Science*, vol. 26, no. 12, pp. 1333–40.
- Hume, P.A., Kerr, D. & Ackland, T. (eds), 2017, *Best Practice Protocols for Physique Assessment in Sport*, Singapore: Springer Nature Singapore.
- Hume, P.A. & Stewart, A.D., 2012, 'Body composition change', in Stewart, A.D. & Sutton, L. (eds), *Body Composition in Sport, Exercise and Health*, London, UK: Taylor and Francis, pp. 147–165.
- Ivey, F.M., Roth, S.M., Ferrell, R.E. et al., 2000, 'Effects of age, gender, and myostatin genotype on the hypertrophic response to heavy resistance strength training', *Journal of Gerontology*, vol. 55, no. 11, pp. M641–8.
- Keogh, J.W.L., Hume, P.A., Mellow, P. et al., 2009, 'Can absolute and proportional anthropometric characteristics distinguish stronger and weaker powerlifters?', *Journal of Strength and Conditioning Research*, vol. 23, no. 8, pp. 2256–65.
- Kerr, A., Slater, G. & Byrne, N., 2017, 'Impact of food and fluid intake on technical and biological measurement error in body composition assessment methods in athletes', *British Journal of Nutrition*, vol. 117, no. 4, pp. 591–601.
- Kerr, D.A., Ross, W.D., Norton, K.P. et al., 2007, 'Olympic lightweight and open-class rowers possess distinctive physical and proportionality characteristics', *Journal of Sports Sciences*, vol. 25, no. 1, pp. 43–5.
- Kouri, E.M., Pope, H.G., Katz, D.L. et al., 1995, 'Fat-free mass index in users and nonusers of anabolic-androgenic steroids', *Clinical Journal of Sports Medicine*, vol. 5, no. 4, pp. 223–8.
- Lee, S.Y. & Gallagher, D., 2008, 'Assessment methods in human body composition', *Current Opinion in Clinical Nutrition and Metabolic Care*, vol. 11, no. 11, pp. 566–72.
- Macfarlane, D.J., Lee, A., Hume, P. et al., 2016, 'Development and reliability of a novel iPad-based application to rapidly assess body image: 3776 Board# 215', *Medicine & Science in Sports & Exercise*, vol. 48, no. 6, p. 1056.
- Stewart, A.D. & Hume, P.A., 2014, *Bideloid Breadth Measurement* [Online], J.E. Lindsay Carter Kinanthropometry Archive 3D Scanning Protocols, available at: www.sprinz.aut.ac.nz/clinics/j.e.-lindsay-carterkinanthropometry- clinic/archive.

- Bergström, J., Hermansen, L., Hultman, E. et al., 1967, 'Diet, muscle glycogen and physical performance', *Acta Physiologica Scandinavica*, vol. 71, pp. 140–50.
- Burke, L.M. & Cox, G.R., 2010, *The Complete Guide to Food for Sports Performance. Peak Nutrition for Your Sport*, Crows Nest, NSW: Allen & Unwin.
- Burke, L.M., Hawley, J.A., Wong, S.H. et al., 2011, 'Carbohydrates for training and competition', *Journal of Sports Science*, vol. 29, pp. S17–27.
- Burke, L.M., Slater, G., Broad, E.M. et al., 2003, 'Eating patterns and meal frequency of elite Australian athletes', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 13, no. 4, pp. 521–38.
- Cox, G.R., Clark, S.A., Cox, A.J. et al., 2010, 'Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling', *Journal of Applied Physiology*, vol. 109, no. 1, pp. 126–34.
- Cox, G. R., Desbrow, B., Montgomery, P. G. et al., 2002, 'Effect of different protocols of caffeine intake on metabolism and endurance performance', *Journal of Applied Physiology*, vol. 93, no. 3, pp. 990–9.
- Goulet, E.D., 2012, 'Dehydration and endurance performance in competitive athletes', *Nutrition Reviews*, vol. 70, suppl. 2, pp. S132–6.
- Kimber, N.E., Ross, J.J., Mason, S.L. et al., 2002, 'Energy balance during an ironman triathlon in male and female triathletes', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 12, no. 1, pp. 47–62.
- Pfeiffer, B., Stellingwerff, T., Hodgson, A.B. et al., 2012, 'Nutritional intake and gastrointestinal problems during competitive endurance events', *Medicine & Science in Sports & Exercise*, vol. 44, no. 2, pp. 344–51.
- Rollo, I. & Williams, C., 2011, 'Effect of mouth-rinsing carbohydrate solutions on endurance performance', *Sports Medicine*, vol. 41, no. 6, pp. 449–61.
- Saris, W.H., Van Erp-Baart, M.A., Brouns, F. et al., 1989, 'Study on food intake and energy expenditure during extreme sustained

exercise: The Tour de France', *International Journal of Sports Medicine*, vol. 10, suppl. 1, pp. S26–31.

Sherman, W.M., Coštil, D.L., Fink, W.J. et al., 1981, 'Effect of exercisediet manipulation on muscle glycogen and its subsequent utilization during performance', *International Journal of Sports Medicine*, vol. 2, suppl. 2, pp. 114–8.

Smith, J.W., Pascoe, D.D., Passe, D.H. et al., 2013, 'Curvilinear doseresponse relationship of carbohydrate (0–120 g.h(–1)) and performance', *Medicine & Science in Sports & Exercise*, vol. 45, no. 2, pp. 336–41.

Stellingwerff, T. & Cox, G.R., 2014, 'Systematic review: Carbohydrate supplementation on exercise performance or capacity of varying durations', *Applied, Physiology, Nutrition and Metabolism*, vol. 39, no.9, pp. 998–1011.

Stepito, N.K., Martin, D.T., Fallon, K.E. et al., 2001, 'Metabolic demands of intense aerobic interval training in competitive cyclists', *Medicine & Science in Sports & Exercise*, vol. 33, no. 2, pp. 303–10.

منابع

Lambert, C.P. & Flynn, M.G., 2002, 'Fatigue during high-intensity intermittent exercise: Application to bodybuilding', *Sports Medicine*, vol. 32, no. 8, pp. 511–22.

Lambert, C.P., Flynn, M.G., Boone, J.B.J. et al., 1991, 'Effects of carbohydrate feeding on multiple-bout resistance exercise', *Journal of Strength and Conditioning Research*, vol. 5, no. 4, pp. 192–7.

MacDougall, J.D., Ray, S., Sale, D.G. et al., 1999, 'Muscle substrate utilization and lactate production during weightlifting', *Canadian Journal of Applied Physiology-Revue Canadienne De Physiologie Appliquee*, vol. 24, no. 3, pp. 209–15.

Manore, M.M., Barr, S.I. & Butterfield, G.E., 2000, 'Joint Position Statement: Nutrition and Athletic performance. American College of Sports Medicine, American Dietetic Association, and Dietitians of Canada', *Medicine & Science in Sports & Exercise*, vol. 32, no. 12, pp.2130–45.

Morton, R.W., McGlory, C. & Phillips, S.M., 2015, 'Nutritional interventions to augment resistance training-induced skeletal muscle hypertrophy', *Frontiers in Physiology*, vol. 6, pp. 245.

Phillips, S.M. & Van Loon, L.J., 2011, 'Dietary protein for athletes: From requirements to optimum adaptation', *Journal of Sports Science*, vol. 29, suppl. 1, pp. S29–38.

Reale, R., Slater, G. & Burke, L.M., 2017, 'Individualised dietary strategies for Olympic combat sports: Acute weight loss, recovery and competition nutrition', *European Journal of Sport Science*, vol. 17, no. 6, pp. 727–40.

Slater, G. & Phillips, S.M., 2011, 'Nutrition guidelines for strength sports: Sprinting, weightlifting, throwing events, and bodybuilding', *Journal of Sports Science*, vol. 29, suppl. 1, pp. S67–7.

Tesch, P.A., Colliander, E.B. & Kaiser, P., 1986, 'Muscle metabolism during intense, heavy-resistance exercise', *European Journal of Applied Physiology & Occupational Physiology*, vol. 55, no. 4, pp. 362–6.

Thomas, D.T., Erdman, K.A. & Burke, L.M., 2016, 'Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance', *Journal of the Academy of Nutrition & Dietetics*, vol. 116, no. 3, pp. 501–28.

Volek, J.S., Forsythe, C.E. & Kraemer, W.J., 2006, 'Nutritional aspects of women strength athletes', *British Journal of Sports Medicine*, vol. 40, no. 9, pp. 742–8.

منابع

Bishop, D. & Girard, O., 2013, 'Determinants of team-sport performance: Implications for altitude training by team-sport athletes', *British Journal of Sports Medicine*, vol. 47, suppl. 1, pp. S17–21.

Bradley, P.S., Carling, C., Diaz, A.G. et al., 2013, 'Match performance and physical capacity of players in the top three competitive standards of English professional soccer', *Human Movement Science*, vol. 32, no. 4, pp. 808–21.

Burke, L.M., 2008, 'Caffeine and sports performance', *Applied Physiology, Nutrition, and Metabolism*, vol. 33, no. 6, pp. 1319–34.

Cortese, R.D.M., Veiros, M.B., Feldman, C. et al., 2016, 'Food safety and hygiene practices of vendors during the chain of street food production in Florianopolis, Brazil: A cross-sectional study', *Food Control*, vol. 62, pp. 178–86.

Liu, Z., Zhang, G. & Zhang, X., 2014, 'Urban street foods in Shijiazhuang city, China: Current status, safety practices and risk mitigating strategies', *Food Control*, vol. 41, pp. 212–18.

Reilly, T., Waterhouse, J., Burke, L.M. et al., 2009, 'Nutrition for travel', *Journal of Sports Sciences*, vol. 25, suppl. 1, pp. S125–34.

منابع

Crighton, B., Close, G.L. & Morton, J.P., 2016, 'Alarming weight cutting behaviours in mixed martial arts: A cause for concern and a call for action', *British Journal of Sports Medicine*, vol. 50, no. 8, pp. 446–7, doi: 10.1136/bjsports-2015-094732.

de Bruin, A.K., Oudejans, R.R. & Bakker, F.C., 2007, 'Dieting and body image in aesthetic sports: A comparison of Dutch female gymnasts and non-aesthetic sport participants', *Psychology of Sport and Exercise*, vol.8, no. 4, pp. 507–20.

منابع

Aerenhouts, D., Deriemaeker, P., Hebbelinck, M. et al., 2011, 'Energy and macronutrient intake in adolescent sprint athletes: A follow-up study', *Journal of Sports Science*, vol. 29, no.1, pp. 73–82.

American Academy of Pediatrics, Council on Sports Medicine Fitness, Council on School Health et al., 2011, 'Policy statement: Climatic heat stress and exercising children and adolescents', *Pediatrics*, vol. 128, no.3, pp. e741–7.

Barkoukis, V., Lazuras, L., Lucidi, F. et al., 2015, 'Nutritional supplement and doping use in sport: Possible underlying social cognitive processes', *Scandinavian Journal of Medical Science in Sports*, vol. 25, no. 6, pp.e582–8.

Cobley, S., Baker, J., Wattie, N. et al., 2009, 'Annual age-grouping and athlete development: A meta-analytical review of relative age effects in sport', *Sports Medicine*, vol. 39, no. 3, pp. 235–56.

Croll, J.K., Neumark-Sztainer, D., Story, M. et al., 2006, 'Adolescents involved in weight-related and power team sports have better eating patterns and nutrient intakes than non-sport-involved adolescents', *Journal of American Dietetic Association*, vol. 106, no. 5, pp. 709–17.

De Souza, M.J., Nattiv, A., Joy, E. et al., 2014, 'Female Athlete Triad Coalition Consensus Statement on Treatment and Return to Play of the Female Athlete Triad: 1st International Conference held in San Francisco, California, May 2012 and 2nd International

- Conference held in Indianapolis, Indiana, May 2013', *British Journal of Sports Medicine*, vol. 48, no. 4, p. 289.
- Desbrow, B. & Leveritt, M., 2015, 'Nutritional issues for young athletes: Children and adolescents', in Burke, L.M. & Deakin, V. (eds), *Clinical Sports Nutrition*, 5th edn, North Ryde, NSW: McGraw-Hill Education, pp. 592–618.
- Drinkwater, B.L., Loucks, A.B., Sherman, R.T. et al., 2005, 'Position Stand on the female athlete triad', in Sangenis, P. (ed.), *IOC Medical Commission Working Group Women in Sport*, International Olympic Committee, Lausanne, Switzerland, pp. 2–46.
- Erickson, B.O. & Saltin, B., 1974, 'Muscle metabolism in boys aged 11–16 years', *Acta Paediatrica Belgica*, vol. 28, pp. 257–65.
- Haralambie, G., 1982, 'Enzyme activities in skeletal muscle of 13–15 years old adolescents', *Bulletin Européen de Physiopathologie Respiratoire*, vol. 18, no. 1, pp. 65–74.
- Jeacocke, N. & Beals, K.A., 2015, 'Eating disorders and disordered eating in athletes', in Burke, L.M. & Deakin, V. (eds), *Clinical Sports Nutrition*, 5th edn, North Ryde, NSW: McGraw-Hill Education, pp. 213–232.
- Loucks, A.B., 2003, 'Introduction to menstrual disturbances in athletes', *Medicine & Science in Sports & Exercise*, vol. 35, pp. 1551–2.
- Melin, A. & Lundy, B., 2015, 'Measuring energy availability', in Burke, L.M. & Deakin, V. (eds), *Clinical Sports Nutrition*, 5th edn, North Ryde, NSW: McGraw-Hill Education, pp. 146–157.
- Melin, A., Tornberg, A.B., Skouby, S. et al., 2014, 'The LEAF questionnaire: A screening tool for the identification of female athletes at risk for the female athlete triad', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 540–5.
- Mountjoy, M., Sundgot-Borgen, J., Burke, L. et al., 2014, 'The IOC consensus statement: Beyond the female athlete triad—Relative energy deficiency in sport (RED-S)', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 491–7.
- National Health and Medical Research Council (NHMRC), 2006, *Nutrient reference values for Australia and New Zealand including recommended dietary intakes*, Canberra, ACT: Commonwealth of Australia, pp. 27–8, retrieved from <<https://nhmrc.gov.au/sites/default/files/images/nutrientreference-dietary-intakes.pdf>>.
- Parnell, J.A., Wiens, K.P. & Erdman, K.A., 2016, 'Dietary intakes and supplement use in pre-adolescent and adolescent Canadian athletes', *Nutrients*, vol. 8, no. 9, pp. 526.
- Rowland, T., 2008, 'Thermoregulation during exercise in the heat in children: Old concepts revisited', *Journal of Applied Physiology*, vol. 105, no. 2, pp. 718–24.
- Taylor D.J., Kemp G.J., Thompson C.H. & Radda G.K., 1997, 'Ageing: Effects on oxidative function of skeletal muscle in vivo', in Gellerich, F.N. & Zier, S. (eds), *Detection of Mitochondrial Diseases. Developments in Molecular and Cellular Biochemistry*, vol. 21, Boston, MA: Springer.
- Australian Bureau of Statistics, 2014, *Australian Health Survey: Nutrition First Results—Foods and Nutrients, 2011–12* [Online], Australian Bureau of Statistics, <<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.055.007~2011-12~Main%20Features~Key%20Findings~1>>, accessed 29 January 2018.
- Bauer, J., Biolo, G., Cederholm, T. et al., 2013, 'Evidence-based recommendations for optimal dietary protein intake in older people: A position paper from the PROT-AGE study group', *Journal of the American Medical Directors Association*, vol. 14, no. 8, pp. 542–59.
- Brun, S., 2016, 'Clinical considerations for the ageing athlete', *Australian Family Physician*, vol. 45, no. 7, pp. 478–83.
- Doering, T.M., Reaburn, P.R., Phillips, S.M. et al., 2016, 'Postexercise dietary protein strategies to maximize skeletal muscle repair and remodeling in masters endurance athletes: A review', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 26, no. 2, pp. 168–78.
- Elahi, D. & Muller, D.C., 2000, 'Carbohydrate metabolism in the elderly', *European Journal of Clinical Nutrition*, vol. 54, suppl. 3, pp. S112–120.
- Gifford, J., O'Connor, H., Honey, A. et al., 2015, 'Nutrients, health and chronic disease in masters athletes', in Reaburn, P. (ed.), *Nutrition and Performance in Masters Athletes*, Boca Raton, FL: CRC Press, pp. 213–41.
- LGC Group, 1999–2018, *Informed-Sport.com* [Online], <www.informedsport.com/>, accessed 11 February 2018.
- Lidder, S. & Webb, A.J., 2013, 'Vascular effects of dietary nitrate (as found in green leafy vegetables and beetroot) via the nitrate-nitrite-nitric oxide pathway', *British Journal of Clinical Pharmacology*, vol. 75, no. 3, pp. 677–96.
- Meredith, C.N., Frontera, W.R., Fisher, E.C. et al., 1989, 'Peripheral effects of endurance training in young and old subjects', *Journal of Applied Physiology*, vol. 66, no. 6, pp. 2844–9.
- Mountjoy, M., Sundgot-Borgen, J., Burke, L. et al., 2014, 'The IOC consensus statement: Beyond the female athlete triad—Relative energy deficiency in sport (RED-S)', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 491–7.
- National Health and Medical Research Council (NHMRC), 2013, *Australian Dietary Guidelines*, Canberra, ACT: Commonwealth of Australia.
- Reaburn, P., Doering, T., & Borges, N., 2015, 'Nutrition issues for the masters athlete', in Burke, L. & Deakin, V. (eds), *Clinical Sports Nutrition*, 5th edn, North Ryde, NSW: McGraw-Hill Education, pp. 619–646.
- Soto-Quijano, D.A., 2017, 'The competitive senior athlete', *Physical Medicine and Rehabilitation Clinics of North America*, vol. 28, no. 4, pp. 767–76.
- Striegel, H., Simon, P., Wurster, C. et al., 2006, 'The use of nutritional supplements among master athletes', *International Journal of Sports Medicine*, vol. 27, no. 3, pp. 236–41.
- Thomas, D.T., Erdman, K.A. & Burke, L.M., 2016, 'American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance', *Medicine & Science in Sports & Exercise*, vol. 48, no. 3, pp. 543–68.

- Blauwet, C.A., Brook, E.M., Tenforde, A.S. et al., 2017, 'Low energy availability, menstrual dysfunction, and low bone mineral density in individuals with a disability: implications for the para athlete population', *Sports Medicine*, vol. 47, no. 9, pp. 1697–708.
- Compton, S., Trease, L., Cunningham, C. et al., 2015, 'Australian Institute of Sport and the Australian Paralympic Committee position statement: Urinary tract infection in spinal cord injured athletes', *British Journal of Sports Medicine*, vol. 49, no. 19, pp. 1236–40.
- Graham, T., Perret, C., Crosland, J. et al., 2014, *Nutritional Supplement Habits and Perceptions of Disabled Athletes*, World An-

- ti-Doping Agency, <<https://www.wadaama.org/sites/default/files/resources/files/TOLFREY-Final-2012-EN.pdf>>, accessed 28 June 2017.
- Johnson, B.F., Mushett, C.A., Richter, D.O. et al., 2014, Sport for Athletes with Physical Disabilities: Injuries and Medical Issues, USA:BlazeSports America, <<http://www.blazesports.org/wpcontent/uploads/2011/02/BSA-Injuries-and-Medical-Issues-Manual.pdf>>, accessed 28 June 2017.
- Price, M.J., 2016, 'Preparation of Paralympic athletes: Environmental concerns and heat acclimation', *Frontiers in Physiology*, vol. 6, p. 415.

منابع

- Ebrahim, I.O., Shapiro, C.M., Williams, A.J. et al., 2013, 'Alcohol and sleep I: Effects on normal sleep', *Alcoholism: Clinical and Experimental Research*, vol. 37, no. 4, pp. 539–49.
- Fowler, P., Duffield, R., Howle K. et al., 2014, 'Effects of northbound longhaul international air travel on sleep quality and subjective jet lag and wellness in professional Australian soccer players', *International Journal of Sports Physiology and Performance*, vol. 10, no. 2, pp. 648–54.
- Fowler, P., Duffield, R., Morrow, I. et al., 2015, 'Effects of sleep hygiene and artificial bright light interventions on recovery from simulated international air travel', *European Journal of Applied Physiology*, vol. 115, no. 3, pp. 541–53.
- Grimmett, A. & Sillence, M.N., 2005, 'Calmatives for the excitable horse :A review of L-tryptophan', *The Veterinary Journal*, vol. 170, no. 1, pp.32–24 .
- Halsen, S.L., 2014, 'Sleep in elite athletes and nutritional interventions to enhance sleep', *Sports Medicine*, vol. 44, suppl. 1, pp. S13–23.
- Lastella, M., Roach, G.D., Halsen, S.L. et al., 2015, 'Sleep/wake behaviours of elite athletes from individual and team sports', *European Journal of Sport Science*, vol. 15, no. 2, pp. 94–100.
- Leeder, J., Glaister, M., Pizzoferrero, K. et al., 2012, 'Sleep duration and quality in elite athletes measured using wrist-watch actigraphy', *Journal of Sports Sciences*, vol. 30, no. 6, pp. 541–5.
- Sargent, C., Lastella, M., Halsen, S.L. et al., 2014, 'The impact of training schedules on the sleep and fatigue of elite athletes', *Chronobiology International*, vol. 31, no. 10, pp. 1160–68.
- Waterhouse, A.J., Reilly, T. & Edwards, B., 2004, 'The stress of travel', *Journal of Sport Sciences*, vol. 22, no. 10, pp. 946–66.
- Youngstedt, S.D. & O'Connor, P.J., 1999, 'The influence of air travel on athletic performance', *Sports Medicine*, vol. 28, no. 3, pp. 197–207.

منابع

- Costa, R.J.S., Snipe, R.M.J., Kitic, C.M. et al., 2017, 'Systematic review: Exercise-induced gastrointestinal syndrome-implications for health and intestinal disease', *Alimentary Pharmacology & Therapeutics*, vol. 46, no. 3, pp. 246–65.
- Eichner, E.R., 2008, 'Genetic and other determinants of sweat sodium', *Current Sports Medicine Reports*, vol. 7, no. 4, pp. S36–40.
- Fink, W.J., Costil, D.L. & Van Handel, P.J., 1975, 'Leg muscle metabolism during exercise in the heat and cold', *European Journal of Applied Physiology*, vol. 34, no. 3, pp. 183–90.
- Guy, J.H., Deakin, G.B., Edwards, A.M. et al., 2015, 'Adaptation to hot environmental conditions: An exploration of the performance basis, procedures and future directions to optimise opportunities for elite athletes', *Sports Medicine*, vol. 45, no. 3, pp. 303–11.
- Hargreaves, M., Angus, D., Howlett, K. et al., 1996, 'Effect of heat stress on glucose kinetics during exercise', *Journal of Applied Physiology*, vol.81, no. 4, pp. 1594–7.
- Hew-Butler, T., Rosner, M.H., Fowkes-Godek, S. et al., 2015, 'Statement of the 3rd International Exercise-Associated Hyponatremia Consensus Development Conference, Carlsbad, California, 2015', *British Journal of Sports Medicine*, vol. 49, no. 22, pp. 1432–46.
- Hew-Butler, T., Stuempfle, K.J. & Hoffman, M.D., 2013, 'Bone: An acute buffer of plasma sodium during exhaustive exercise?', *Hormone and Metabolic Research*, vol. 45, no. 10, pp. 697–700.
- Koehle, M.S., Cheng, I. & Sporer, B., 2014, 'Canadian Academy of Sport and Exercise Medicine Position Statement: Athletes at high altitude', *Clinical Journal of Sports Medicine*, vol. 24, no. 2, pp. 120–7.
- Maughan, R.J., Otani, H. & Watson, P., 2012, 'Influence of relative humidity on prolonged exercise capacity in a warm environment', *European Journal of Applied Physiology*, vol. 112, no. 6, pp. 2313–21.
- McCubbin, A.J., Cox, G.R. & Broad, E.M., 2016, 'Case Study: Nutrition planning and intake for Marathon des Sables—A series of five runners', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 26, no. 6, pp. 581–87.
- Meyer, N.L., Manore, M.M. & Helle, C., 2011, 'Nutrition for winter sports', *Journal of Sports Science*, vol. 29, suppl. 1, pp. S127–36.
- O'Brien, C.Y., Young, A.J. & Sawka, M.N., 1998, 'Hypohydration and thermoregulation in cold air', *Journal of Applied Physiology*, vol. 84, no.1, pp. 185–9.
- Ocobock, C., 2016, 'Human energy expenditure, allocation, and interactions in natural temperate, hot, and cold environments', *American Journal of Physical Anthropology*, vol. 161, no. 4, pp. 667–75.
- Ross, M.L., Garvican, L.A., Jeacocke, N.A. et al., 2011, 'Novel precooling strategy enhances time trial cycling in the heat', *Medicine & Science in Sports & Exercise*, vol. 43, no. 1, pp. 123–33.
- Snipe, R.M.J. & Costa, R.J.S., 2018, 'Does the temperature of water ingested during exertional-heat stress influence gastrointestinal

injury, symptoms, and systemic inflammatory profile?', *Journal of Science and Medicine in Sport*, vol. 21, no. 8, pp. 771–6.

Snipe, R.M.J., Khoo, A., Kitic, C.M. et al., 2018, 'The impact of exertional heat stress on gastrointestinal integrity, gastrointestinal symptoms, systemic endotoxin and cytokine profile', *European Journal of Applied Physiology*, vol. 118, no. 2, pp. 389–400.

Tattersson, A.J.H., Hahn, A.G., Martin, D.T. et al., 2000, 'Effects of heat stress on physiological responses and exercise performance in elite cyclists', *Journal of Science and Medicine in Sport*, vol. 3, no. 2, pp. 186–93.

Thomas, D.T., Erdman, K.A. & Burke, L.M., 2016, 'American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance', *Medicine & Science in Sports & Exercise*, vol. 48, no. 3, pp. 543–68.

Tucker, R., Rauch, L., Harley, Y.X. et al., 2004, 'Impaired exercise performance in the heat is associated with an anticipatory reduction in skeletal muscle recruitment' *Pflügers Archiv: European Journal of Physiology*, vol. 448, no. 4, pp. 422–30.

منابع

Cošta, R.J.S., Snipe, R., Camões-Cošta, V. et al., 2016, 'The impact of gastrointestinal symptoms and dermatological injuries on nutritional intake and hydration status during ultramarathon events', *Sports Medicine Open*, vol. 2, no. 1, p. 16, doi:10.1186/s40798-015-0041-9.

Cošta, R.J.S., Snipe, R.M.J., Kitic, C.M. et al., 2017, 'Systematic review: Exercise-induced gastrointestinal syndrome—implications for health and intestinal disease', *Alimentary Therapeutics & Pharmacology*, vol. 46, no. 3, pp. 246–65.

Dokladny, K., Zuhl, M.N. & Moseley, P.L., 2016, 'Intestinal epithelial barrier function and tight junction proteins with heat and exercise', *Journal of Applied Physiology*, vol. 120, no. 6, pp. 692–701.

Lang, J.A., Gisolfi, C.V. & Lambert, G.P., 2006, 'Effect of exercise intensity on active and passive glucose absorption', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 16, no. 5, pp. 485–93.

Lis, D., Stellingwerff, T., Shing, C.M. et al., 2015, 'Exploring the popularity, experiences, and beliefs surrounding gluten-free diets in noncoeliac athletes', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 25, no. 1, pp. 37–45.

Miall, A., Khoo, A., Rauch, C. et al., 2017, 'Two weeks of repetitive gut challenge reduce exercise-associated gastrointestinal symptoms and malabsorption', *Scandinavian Journal of Medicine & Science in Sports*, vol. 20, no. 2, pp. 630–40.

Pfeiffer, B., Cotterill, A., Grathwohl, D. et al., 2009, 'The effect of carbohydrate gels on gastrointestinal tolerance during a 16km run', *International Journal of Sport Nutrition & Exercise Metabolism*, vol. 19, no. 5, pp. 485–503.

Pfeiffer, B., Stellingwerff, T., Hodgson, A.B. et al., 2012, 'Nutritional intake and gastrointestinal problems during competitive endurance events', *Medicine & Science in Sports & Exercise*, vol. 44, no. 2, pp. 344–51.

Rehrer, N.J., Beckers, E.J., Brouns, F. et al., 1990, 'Effects of dehydration on gastric emptying and gastrointestinal distress while running', *Medicine & Science in Sports & Exercise*, vol. 22, no. 6, pp. 790–95.

Rehrer, N.J., van Kemenade, M., Meeſter, W. et al., 1992, 'Gastrointestinal complaints in relation to dietary intake in triathletes', *International Journal of Sports Nutrition*, vol. 2, no. 1, pp. 48–59.

Rehrer, N.J., Smets, A., Reynaert, H. et al., 2001, 'Effect of exercise on portal vein blood flow in man', *Medicine & Science in Sports & Exercise*, vol. 33, no. 9, pp. 1533–37.

Snipe, R.M.J., Khoo, A., Kitic, C.M. et al., 2018, 'The impact of exertional heat stress on gastrointestinal integrity, gastrointestinal symptoms, systemic endotoxin and cytokine profile', *European Journal of Applied Physiology*, vol. 118, no. 2, pp. 389–400.

van Wijck, K., Lenaerts, K., Van Bijnen, A.A. et al., 2012, 'Aggravation of exercise-induced intestinal injury by Ibuprofen in athletes', *Medicine & Science in Sports & Exercise*, vol. 44, no. 12, pp. 2257–62.

منابع

Albert, B.B., Derraik, J.G., Cameron-Smith, D. et al., 2015, 'Fish oil supplements in New Zealand are highly oxidised and do not meet label content of n-3 PUFA', *Scientific Reports*, vol. 5, pp. 7928.

Areta, J.L., Burke, L.M., Camera, D.M. et al., 2014, 'Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit', *American Journal of Physiology, Endocrinology & Metabolism*, vol. 306, no. 8, pp. E989–97.

Ashbaugh, A. & McGrew, C., 2016, 'The role of nutritional supplements in sports concussion treatment', *Current Sports Medicine Reports*, vol. 15, no. 1, pp. 16–9.

Australian Institute of Health and Welfare (AIHW), 2012, Australian Sports Injury Hospitalisations, AIHW, <www.aihw.gov.au/reports/australiashealth/australias-health-2012/contents/table-of-contents>.—— 2014, Australian Sports Injury Hospitalisations, AIHW, www.aihw.gov.au/reports/australias-health/australias-health-2014/contents/table-of-contents>.

Baar, K., 2017, 'Minimizing injury and maximizing return to play: Lessons from engineered ligaments', *Sports Medicine*, vol. 47, suppl. 1, pp. 5–11.

Belanger, M., Allaman, I. & Magistretti, P.J., 2011, 'Brain energy metabolism: Focus on astrocyte-neuron metabolic cooperation', *Cell Metabolism*, vol. 14, no. 6, pp. 724–38.

Dirks, M.L., Wall, B.T. & Van Loon, L.J.C., 2018, 'Interventional strategies to combat muscle disuse atrophy in humans: Focus on neuromuscular electrical stimulation and dietary protein', *Journal of Applied Physiology*, vol. 125, no. 3, pp. 850–61. Giza, C.C. & Hovda, D.A., 2014, 'The new neurometabolic cascade of concussion', *Neurosurgery*, vol. 75, suppl. 4, pp. S24–33.

Medibank, 2003, Sports injuries in Australia now costing \$1.5 billion a year in new report finding [Online], <www.medibank.com.au>, accessed 9 August 2018.

Mountjoy, M., Sundgot-Borgen, J., Burke, L. et al., 2014, 'The IOC consensus statement: Beyond the female athlete triad—Relative energy deficiency in sport (RED-S)', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 491–7.

Simopoulos, A.P., 2002, 'The importance of the ratio of omega-6/omega-3 essential fatty acids', *Biomedicine & Pharmacotherapy*, vol. 56, no. 8, pp. 365–79.

Stechmiller, J.K., Childress, B. & Cowan, L., 2005, 'Arginine supplementation and wound healing', *Nutrition in Clinical Practice*, vol. 20, no. 1, pp. 52–61.

Tipton, K.D., 2015, 'Nutritional support for exercise-induced injuries', *Sports Medicine*, vol. 45, suppl. 1, pp. S93–104.

Wall, B., Morton, J.P. & Van Loon, L.J., 2015, 'Strategies to maintain skeletal muscle mass in the injured athlete: Nutritional considerations and exercise mimetics', *European Journal of Sport Science*, vol. 15, no. 1, pp. 53–62.