Sports Nutrition Professional Resources

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Sports Nutrition and Sports Dietetics Practice

- Clark N. Nancy Clark’s Recipes for Athletes. Apple iPhone, 2011.
Scope/Standards of Practice and Standards of Professional Performance
http://www.eatright.org/scope/

- Comprehensive Scope of Practice Resources for RDs and DTRs. (June 2013 Supplement, Vol. 113 No. 6)

Sports Nutrition Care Manual®
Academy of Nutrition and Dietetics Sports Nutrition Care Manual®
http://sports.nutritioncaremanual.org/

Position Stands and Position Statements

Academy of Nutrition and Dietetics
www.eatright.org/positions/


American College of Sports Medicine
http://www.acsm.org/access-public-information/position-stands

- Exercise and Fluid Replacement, 2007
- Exercise and Physical Activity for Older Adults, 2009.
- The Female Athlete Triad, 2007

International Association of Athletic Federations
http://www.iaaf.org/about-iaaf/documents/medical

International Olympic Committee
http://www.olympic.org/

- The IOC Consensus Statement: Beyond the Female Athlete Triad – Relative Energy Deficiency in Sport (RED-S): http://bjsm.bmj.com/content/48/7/491.full.pdf+html

National Athletic Trainers’ Association
http://www.nata.org/position-statements

- Preventing, Detecting, and Managing Disordered Eating in Athletes. 2008

National Federation of High School Associations
http://www.nfhs.org/content.aspx?id=5786

- Position Statement and Recommendations for the Use of Energy Drinks by Young Athletes, 2011.

Exercise Physiology


Dietary Supplements and Ergogenic Aids

**Body Composition**

- The International Society for the Advancement of Kinanthropometry (ISAK) [http://www.isakonline.com/](http://www.isakonline.com/)

**Training and Conditioning**


**Sport Psychology**

Information on Banned Drugs: Education, Rules, and Testing

- CRC Health: Treatment for Steroid Abuse: http://sierratucson.crchealth.com/treatment/steroid/
- NSF Certified for Sport® Program: http://www.nsfsp.com/
- Supplement Safety Now: www.supplementsafetynow.com
- US Anti-Doping Agency (USADA): http://www.usantidoping.org/ (USADA is the independent testing agency for Olympic sports in the U.S.)
- World Anti-Doping Agency (WADA): http://www.wada-ama.org/ (WADA is the independent testing agency for the International Olympic Committee)
- ConsumerLab.com
- U.S. Pharmacopeial Convention (USP)
- USP Dietary Supplement Verification Program

Exercise and Sports Nutrition Websites

- American College of Sports Medicine
- Australian Institute of Sport
- Collegiate and Professional Sports Dietitians Association
- Sports Dietitians Australia
- National Athletic Trainers' Association
- National Collegiate Athletic Association
- National Strength and Conditioning Association
- United States Olympic Committee

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