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
• Nutrition for athletics: The 2007 IAAF Consensus Statement.

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


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

• Anabolic-Androgenic Steroids, 2012.
• Fluid Replacement for Athletes, 2000.
• Preventing, Detecting, and Managing Disordered Eating in Athletes. 2008
• Safe Weight Loss and Maintenance Practices in Sport and Exercise, 2011.

National Federation of High School Associations

• Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness, 2011.
• 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

• HFL Sports Science: www.hfl.co.uk
• National Institute on Drug Abuse (NIDA). NIH: http://www.drugabuse.gov/
• National Institute on Drug Abuse-Steroid Abuse: http://www.steroidabuse.org
• NSF Certified for Sport® Program: http://www.nsfssport.com/
• Supplement Safety Now: www.supplementsafetynow.com
• The National Center for Drug Free Sport, Inc.: http://www.drugfreesport.com/index.asp
  (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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