

## Sports Nutrition Professional Resources

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## **Scope/Standards of Practice and Standards of Professional Performance**

<http://www.eatright.org/scope/>

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## **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/](http://www.eatright.org/positions/)

- Functional Foods, 2013.
- Nutrition and Athletic Performance, 2009.
- Nutrition Intervention in the Treatment of Eating Disorders, 2011.
- Nutrient Supplementation, 2009.
- Vegetarian Diets, 2009.
- Weight Management, 2009.

### **American College of Sports Medicine**

<http://www.acsm.org/access-public-information/position-stands>

- Appropriate Physical activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults, 2009.
- Exercise and Fluid Replacement, 2007
- Exercise and Physical Activity for Older Adults, 2009.
- Exercise and Type 2 Diabetes: American College of Sports Medicine and the American Diabetes Association: Joint Position Statement, 2010.
- Exertional Heat Illness during Training and Competition, 2007.
- Nutrition and Athletic Performance, 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/>

- International Olympic Committee Consensus Statement on Sports Nutrition, 2010: <http://www.olympic.org/Documents/Reports/EN/CONSENSUS-FINAL-v8-en.pdf>
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### **National Athletic Trainers' Association**

<http://www.nata.org/position-statements>

- Anabolic-Androgenic Steroids, 2012.
- Evaluation of Dietary Supplements for Performance Nutrition, 2013.
- Fluid Replacement for Athletes, 2000.
- Preventing, Detecting, and Managing Disordered Eating in Athletes. 2008
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### **National Federation of High School Associations**

- Heat and Acclimatization and Heat Illness Prevention Position Statement, 2012.
- 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.
- Position Statement on Anabolic, Androgenic Steroids, 2012.
- Supplements Position Statement, 2012.

### **Exercise Physiology**

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### **Dietary Supplements and Ergogenic Aids**

- Agins AP. *ADA Quick Guide to Drug-Supplement Interactions*. American Dietetic Association, 2010. ISBN: 978-0-88091-448-2
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<http://www.isakonline.com/>

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## Information on Banned Drugs: Education, Rules, and Testing

- HFL Sports Science: [www.hfl.co.uk](http://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>
- National Collegiate Athletic Association NCAA: Banned Drug List 2013-2014: <http://www.ncaa.org/wps/wcm/connect/public/NCAA/SSI/Resources/Drug+Testing+Resources/>
- NSF Certified for Sport® Program: <http://www.nsf sport.com/>
- Supplement Safety Now: [www.supplementsafetynow.com](http://www.supplementsafetynow.com)
- The National Center for Drug Free Sport, Inc.: <http://www.drugfreesport.com/index.asp>
- 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](http://www.ConsumerLab.com)
- [U.S. Pharmacopeial Convention \(USP\)](http://www.usp.org/)
- [USP Dietary Supplement Verification Program](http://www.uspsupplement.com/)

## Exercise and Sports Nutrition Websites

- [American College of Sports Medicine](http://www.acsm.org/)
- [Australian Institute of Sport](http://www.austliansport.com.au/)
- [Collegiate and Professional Sports Dietitians Association](http://www.cpsda.org/)
- [Sports Dietitians Australia](http://www.sportsdietitians.com.au/)
- [National Athletic Trainers' Association](http://www.nata.org/)
- [National Collegiate Athletic Association](http://www.ncaa.org/)
- [National Strength and Conditioning Association](http://www.nsc.org/)
- [United States Olympic Committee](http://www.usoc.org/)

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