

Sports Nutrition Professional Resources

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Sports Nutrition and Sports Dietetics Practice

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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/

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- 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>

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- 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/>

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National Athletic Trainers' Association

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

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- Evaluation of Dietary Supplements for Performance Nutrition, 2013.
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- Safe Weight Loss and Maintenance Practices in Sport and Exercise, 2011.

National Federation of High School Associations

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- Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness, 2011.
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- Position Statement on Anabolic, Androgenic Steroids, 2012.
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Information on Banned Drugs: Education, Rules, and Testing

- CRC Health Group – About Steroids: Use, Abuse, Side Effects: <http://www.crchealth.com/addiction/about-steroids/>
- CRC Health: Treatment for Steroid Abuse: <http://sierraticson.crchealth.com/treatment/steroid/>
- HFL Sports Science (LGC Group – Athletes and Nutrition): <http://www.lgcgroup.com/sectors/sports/athletes-and-nutrition/#.UyUQBs7DXGJ>
- National Institute on Drug Abuse (NIDA). NIH: <http://www.drugabuse.gov/>
- National Collegiate Athletic Association (NCAA): Banned Drug List 2013-2014: <http://www.ncaa.org/health-and-safety/policy/2013-14-ncaa-banned-drugs>
- NSF Certified for Sport® Program: <http://www.nsf-sport.com/>
- Supplement Safety Now: 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.uspnf.com/usp23)
- [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.austlii.edu.au/au/other/dfat/sport/)
- [Collegiate and Professional Sports Dietitians Association](http://www.csped.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/health-and-safety/policy/2013-14-ncaa-banned-drugs)
- [National Strength and Conditioning Association](http://www.nscsa.org)
- [United States Olympic Committee](http://www.usoc.org)

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