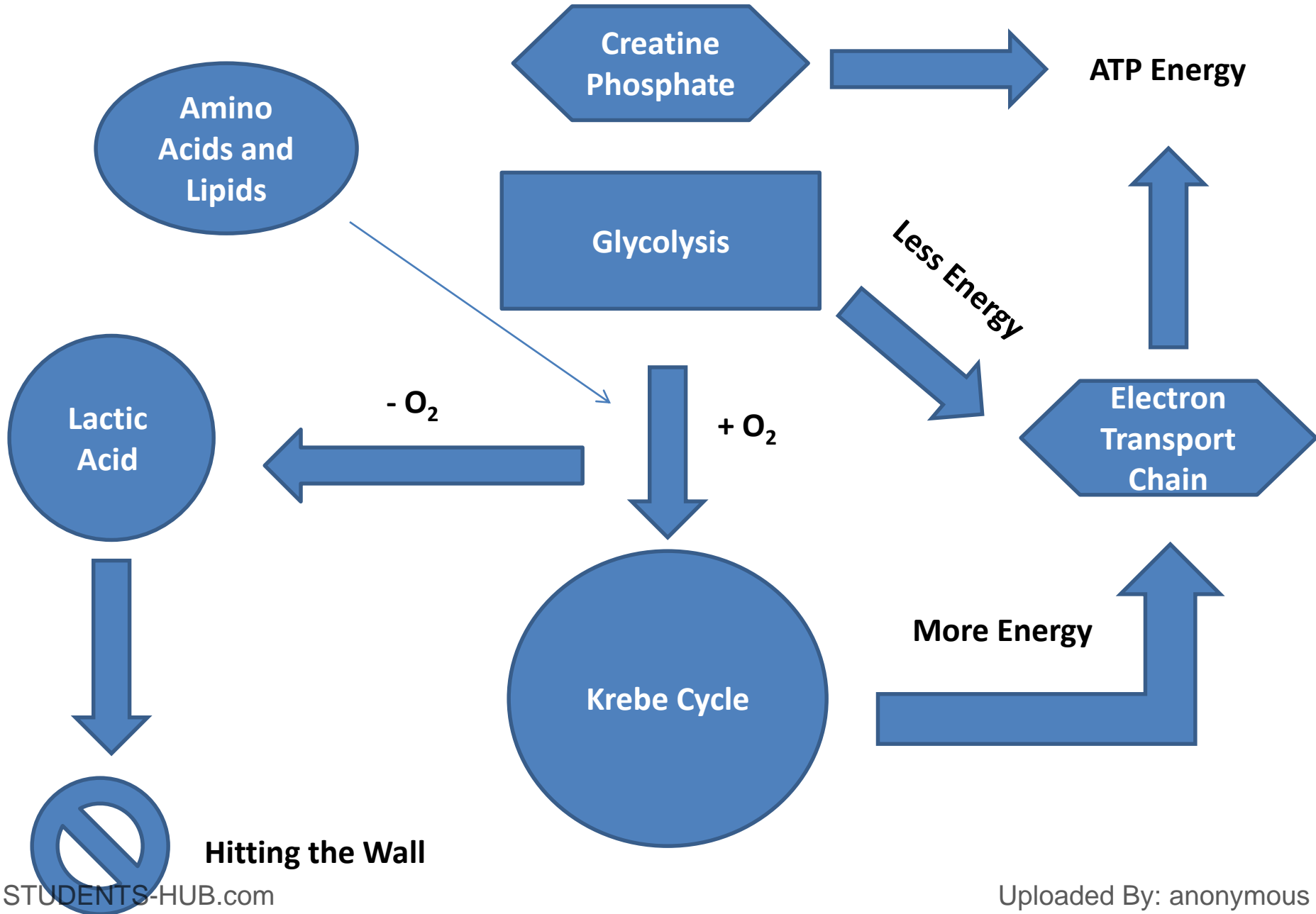


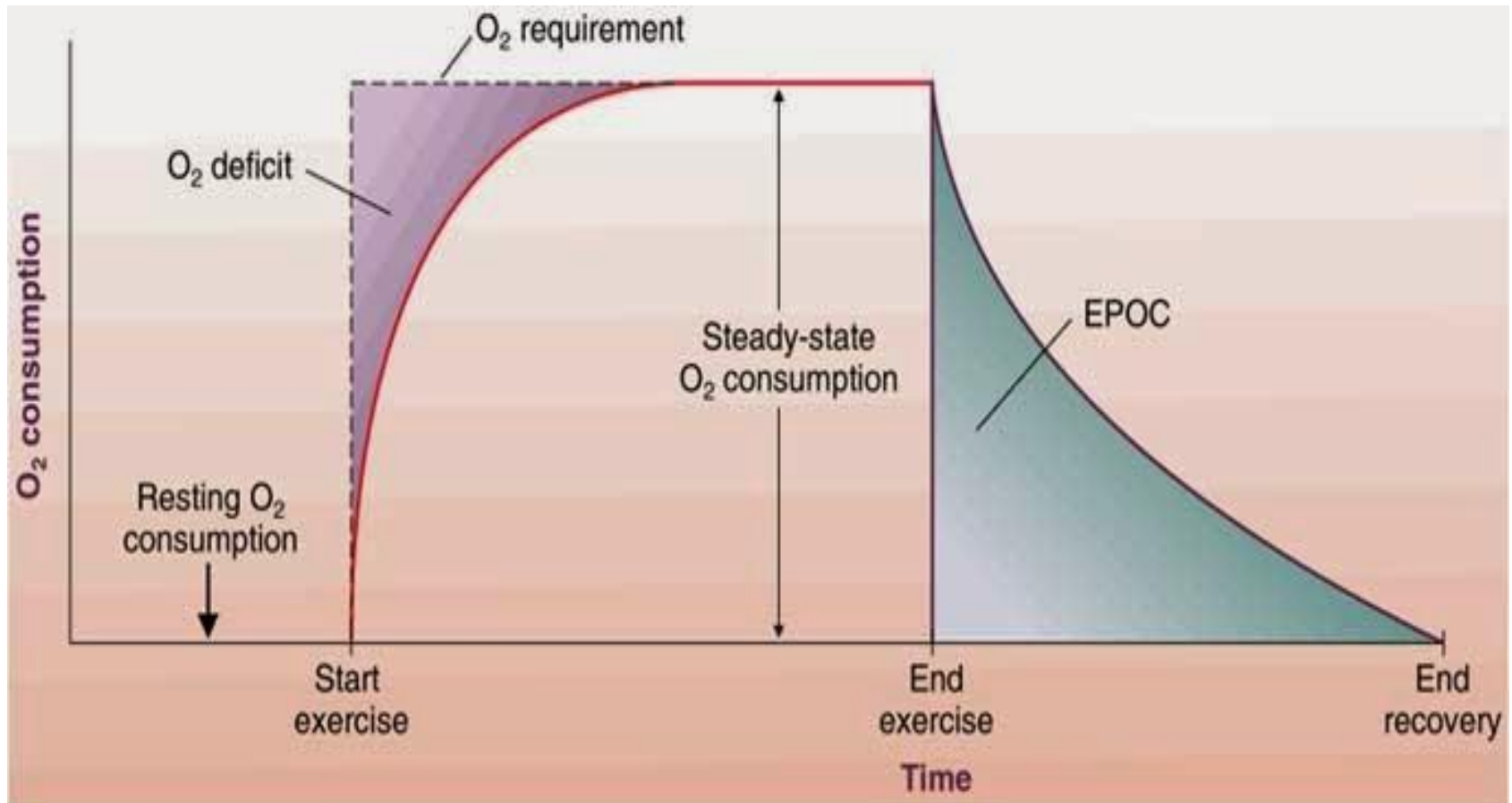
# Understanding Sports Nutrition

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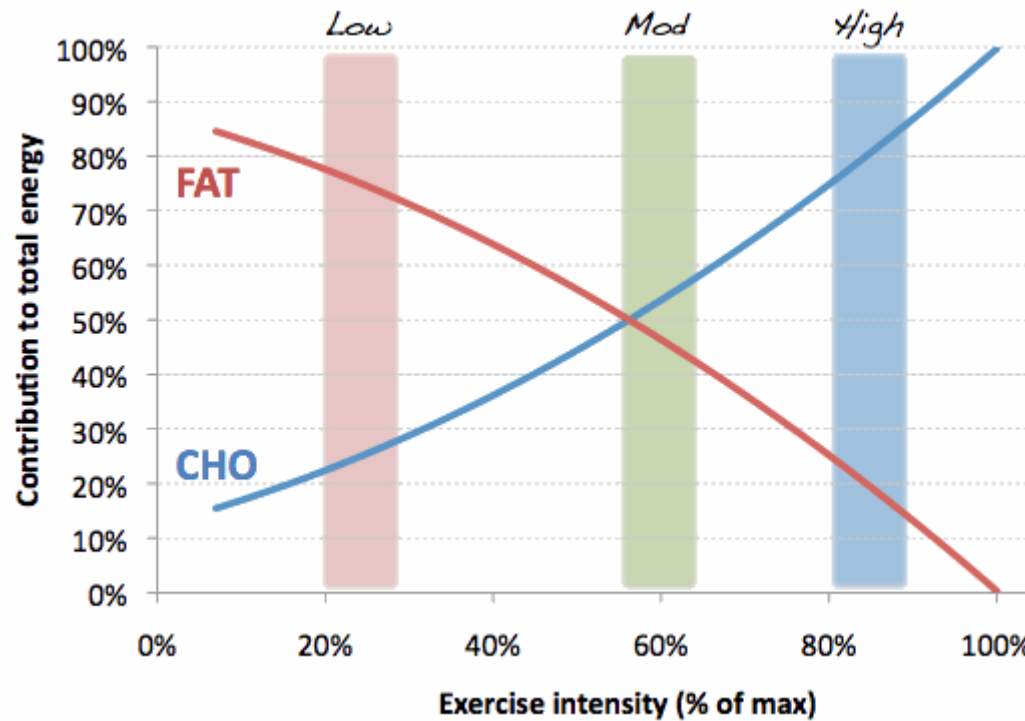
Rapid, short, and quick



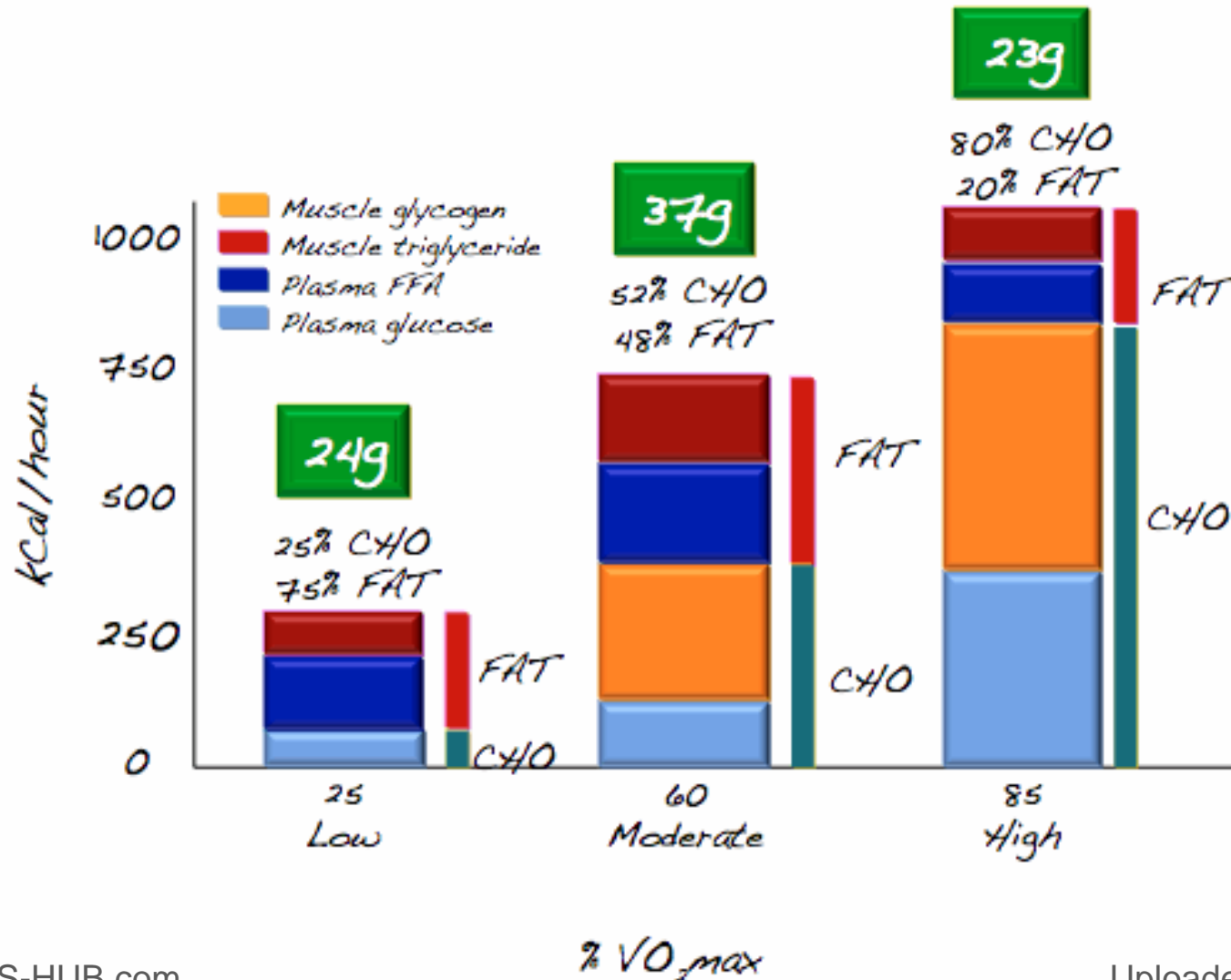
# Excess Post-Exercise Oxygen Consumption (EPOC)



# Its all about Exercise Intensity



# Walking to class wont result in weight loss...run and be on time



# Major hormonal changes in resistance exercise

Hormone-type	Acute change	Chronic change
Insulin-anabolic	Increases with proper CHO+protein meal pre-exercise	Do not increase, insulin sensitivity improves
Cortisol-catabolic	Increases	Increases if recovery was not sufficient
Testosterone-anabolic	Increases in men mainly	No change except in pre and pubertal boys
Growth hormone-anabolic	Increases	No chronic changes observed

**Hormonal precursors are used as supplements, but no evidence of effectiveness**  
**Using hormone supplements is banned in sports. It breaches the honor code of fair play. World Anti-Doping Agency (WADA) 2014 list can be found on**

**<http://list.wada-ama.org/by-substance/>**