



# Nutrition du sportif (French Edition)

*Xavier Bigard, Charles-Yannick Guezennec*

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Cet ouvrage s'adresse précisément à l'entourage du sportif - médecins du sport, nutritionnistes, diététiciens, entraîneurs - et aux sportifs eux-mêmes. Il a pour objectif d'établir la synthèse des connaissances scientifiques en matière de nutrition du sportif afin de proposer l'alimentation la plus appropriée possible en fonction du type d'exercice (sport de force ou d'endurance, exercice simple ou répété, compétition...), et de certains cas ou conditions particulières (sportif vétérán, contrôle des états d'anémies, conditions ambiantes extrêmes...).

Ainsi sont successivement décrits les rôles des apports en : énergie, glucides, lipides, protéines, eau et électrolytes, vitamines, minéraux et oligoéléments, antioxydants, calcium, substances ergogéniques.

Entièrement actualisée, cette deuxième édition a permis de reconsidérer certains chapitres en y intégrant les conclusions des recherches les plus récentes consacrées :

- aux apports en glucides juste avant les compétitions sportives,
- à l'utilisation des acides gras au cours de l'exercice,
- aux effets de certains acides aminés sur la masse musculaire,
- aux effets ergogéniques de la créatine.

Xavier Bigard est professeur agrégé du Val-de-Grâce, titulaire de la chaire de recherche appliquée aux armées ; il est physiologiste et nutritionniste au sein du département des facteurs humains du Centre de recherche du service de santé des armées de La Tronche (Grenoble).

Charles-Yannick Guezennec est professeur agrégé, physiologiste et nutritionniste, médecin du pôle départemental de médecine du sport de l'Essonne, sis au centre national du rugby, à Marcoussis (Essonne).

Destiné à l'entourage médical du sportif et aux athlètes eux-mêmes, cet ouvrage propose une synthèse actualisée des connaissances scientifiques consacrées à la nutrition du sportif, afin de déterminer l'alimentation la mieux appropriée en fonction de la nature du sport et des conditions d'exercice.

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