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The Essentials Of Sport And Exercise Nutrition

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The Essentials of Sport and Exercise Nutrition. Certification Manual. By John Berardi, PhD; Ryan Andrews, MS, MA, RD. www.precisionnutrition.com. Designed by Seesaw Creative Communications Illustrated by Alison Dungey Edited by Krista Scott-Dixon. About the Authors. Dr. John Berardi has been recognized as one of the top exercise nutrition experts in the world.

The Essentials of Sport and Exercise Nutrition

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In *The Essentials of Sports Reporting and Writing*, authors Scott Reinardy and Wayne Wanta employ their own professional experience as sports writers and editors to give students a useful and practical view of the sports writing profession. The text is divided into readily digestible sections, covering essential topics such as types of stories; background and preparation; interviewing; the beginning stages of writing; and conclusion writing.

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The Essentials of Performance Analysis: An Introduction ... Character, attitude, personality, and imagery are all important parts of the sports world. These are also the essentials of a great brand. As you build and maintain your brand, consider the tips listed here. They'll help you create a brand that resonates with your audience, and helps your company gain the influence and reach it deserves.

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