

CHAPTER 11

NUTRITION: FITNESS AND SPORTS

KEY TERMS

Adenosine Triphosphate
(ATP)
Adenosine Diphosphate
(ADP)
Carbohydrate Loading

Electrolytes
Ergogenic
Heat cramps
Heat exhaustion
Heatstroke

Lactic acid
Plasma
Phosphocreatine (PCr)
Pyruvic Acid
Stress fracture