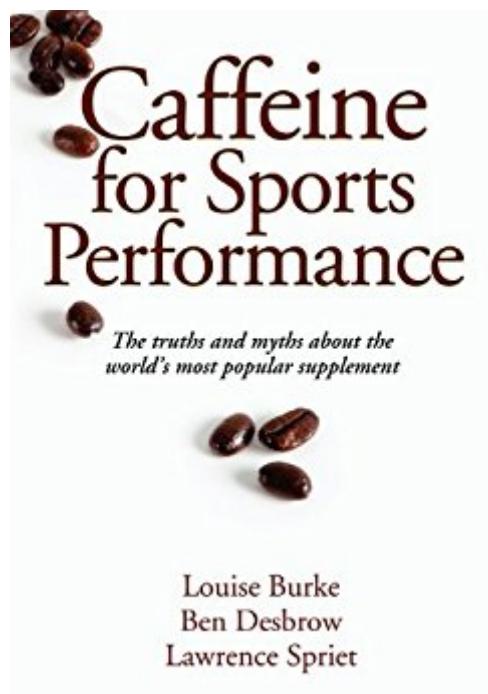


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# Caffeine For Sports Performance



## **Synopsis**

Caffeine for Sports Performance helps athletes understand how to safely use caffeine to get the most out of their sports. The resource covers all issues related to caffeine and includes guidance for athletes, coaches, and fitness enthusiasts who are deciding whether they can or should use caffeine to boost their athletic performance.

## **Book Information**

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## **Customer Reviews**

As a PE teacher, coach, and strength and conditioning coach, I've always been fascinated by caffeine. I don't really drink coffee because I don't like the taste but I do like the "pick me up" effect it provides. Since it is a legal substance use everybody by a lot of people, i am interested in understanding more its effect. The books provides a great summary of research, how to use it, etc. Definitely recommend it.

Well researched text with a plethora of references about caffeine usage research. It is adequately agnostic regarding whether you should or shouldn't use caffeine at all, providing scientific backing to any claims.

I received this book as part of the LibraryThing Early Reviewers program. Upon first glance I thought the book was going to be much too detailed for me to enjoy reading. Once I started the book I did not put it down. The authors have done a great job in presenting so much information about the history of caffeine and the pros and cons of using caffeine to enhance sports performance. There is a great mix of detailed information/studies/research with plenty of graphs and tables that allow one to visualize the information. Also, anecdotes concerning various athletes experiences with caffeine are interspersed throughout the book. There are easy to use and understand tables in the back of the book for coaches and athletes to use to determine effect of caffeine for personal performance use. The references and reading lists section is quite extensive/impressive and the index is very detailed.

This book is interesting to the casual sports spectator, to the competitive athlete, to trainers, and to those establishing rules for fair and equitable competition. In clear, non-academic prose, it surveys the history of caffeine use in society, the development of such drinks as Coca Cola and Pepsi specifically as medicinal drinks and then as aids to athletic activity, and the modern concern with performance-enhancing substances. There is a careful survey of the history of pharmaceutical and psychological research into caffeine's effects on muscular performance, side effects, etc., along with thoughtful consideration of the possible arguments both for and against its use by athletes. Bibliographic materials are thorough and helpfully arranged. Once again, a very helpful and interesting work from the Human Kinetics publishing house. (posted by Human Kinetics with permission from Gary Lee Jones who received this book from the Library Thing Early Reviewer Program)

Burke, et al. do an incredible job in presenting caffeine as a potential performance enhancing compound in competitive and non-competitive sports. Diving into this book was a great eye-opener, as I read this with my usual cup-o-joe in my hand for several mornings. The authors address not only the physiological effects, the downfalls (jitters, poor concentration, etc) but very importantly the ramifications in the anti-doping world of competition. I found the tables and lists of caffeine sources available in our groceries, supplements, and things we encounter in daily life a real eye opener. Four stars for a great handbook. There should be one in every pharmacy waiting area.

Caffeine for Sports Performance details the history and development of caffeine, the places caffeine

is found, the effects of caffeine, and the use of caffeine in sports as a performance-enhancing drug. The book is written with clear, non-academic prose, yet has a plethora of physiological, biological, chemical prose intermixed. This book was written for the casual and competitive athlete. I was pleasantly surprised at how much I learned from the book (

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Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Caffeine for Sports Performance Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life Caffeine Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The Body The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance, and Achieve Your Goals--the Healthy Way The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance and Schieve Your Goals Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) Sports Illustrated Almanac 2015 (Sports Illustrated Sports Almanac) Olympic Sports - When and How? : History of Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Performance Dog Nutrition - Optimize Performance With Nutrition Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) David Vizard's How to Build Max Performance Chevy Small Blocks on a Budget (Performance How-To) Butch Queens Up in Pumps: Gender, Performance, and Ballroom Culture in Detroit (Triangulations: Lesbian/Gay/Queer Theater/Drama/Performance) Queering Mestizaje: Transculturation and Performance (Triangulations: Lesbian/Gay/Queer Theater/Drama/Performance) College Athletics: Steroids and Supplement Abuse (Disgraced! The Dirty History of Performance-Enhancing Drugs in Sports (Library)) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health What The Fat? Sports Performance: Leaner, Fitter, Faster on Low-Carb Healthy Fat.

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