UNIVERSIDAD DE COSTA RICA

Vicerrectoría de Investigación
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Servicio de Referencia y Documentación

Bibliografía especializada en:

"Alimentación para deportistas"

Diciembre 2020

Elaborado por:

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Servicio de Referencia y Documentación

A continuación encontrará referencias bibliográficas sobre la temática de *la alimentación para deportistas*, las cuales están disponibles en las bases de datos a texto completo que le ofrece el Sistema de Bibliotecas, Documentación e Información (SIBDI) de la Universidad de Costa Rica; en el enlace "*Bases de datos suscritas"*: **http://sibdi.ucr.ac.cr/buscardb.php**

La bibliografía está organizada en listados por base de datos, en la cual se puede acceder al texto completo de las mismas: EBSCOhost: Academic Search Ultimate, EBSCOhost: Medline with full text, EBSCOhost: Sport Discus, SAGE Journals, ScienceDirect y SpringerLink.

Las referencias bibliográficas deben ajustarse al formato de citación que la persona usuaria utilice.

EBSCOhost Base de datos:
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Blennerhassett, C., McNaughton, L. R., Cronin, L. y Sparks, S. A. (2019). Development and implementation of a nutrition knowledge questionnaire for ultraendurance athletes. *International Journal of Sport Nutrition & Exercise Metabolism*, *29*(1), 39–45. https://doi.org/10.1123/ijsnem.2017-0322

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SAGE journals Base de datos: SAGE Journals

Bingham, M. E., Borkan, M. E. y Quatromoni, P. A. (noviembre/diciembre, 2015). Sports nutrition advice for adolescent athletes: A time to focus on food. *American Journal of Lifestyle Medicine*, *9*(6), 398–402. https://doi.org/10.1177/1559827615598530

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Jenner, S. L., Devlin, B. L., Forsyth, A. K. y Belski, R. (2019). Dietary intakes of professional Australian football league women's (AFLW) athletes during a preseason training week. *Journal of Science and Medicine in Sport*, *22*(11), 1266–1271. https://doi.org/10.1016/j.jsams.2019.06.014

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Alcántara, J. M. A., Sánchez Delgado, G., Martínez Téllez, B., Labayen, I. y Ruiz, J. R. (2019). Impact of cow's milk intake on exercise performance and recovery of muscle function: A systematic review. *Journal of the International Society of Sports Nutrition*, *16*(1), Artículo 22. https://doi.org/10.1186/s12970-019-0288-5

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