

**Original Research**

- Adaptation of Insulin-Resistance Indicators to a Repeated Bout of Eccentric Exercise  
in Human Skeletal Muscle  
*Michael S. Green, J. Andrew Doyle, Christopher P. Ingalls, Dan Benardot,  
Jeffrey C. Rupp, and Benjamin T. Corona* ..... 181
- The Influence of Caffeine and Carbohydrate Coingestion on Simulated Soccer Performance  
*Nicholas Gant, Ajmol Ali, and Andrew Foskett* ..... 191
- Effects of Induced Alkalosis on Simulated Match Performance in Elite Female Water Polo  
Players  
*Frankie Tan, Ted Polglaze, Gregory Cox, Brian Dawson, Iñigo Mujika, and Sally Clark* ..... 198
- Acute Exercise and Thioredoxin-1 in Rat Brain, and Alpha-Lipoic Acid and  
Thioredoxin-Interacting Protein Response, in Diabetes  
*Zekine Lappalainen, Jani Lappalainen, David E. Laaksonen, Niku K.J. Oksala,  
Savita Khanna, Chandan K. Sen, and Mustafa Atalay* ..... 206
- Combination of Sago and Soy-Protein Supplementation During Endurance Cycling  
Exercise and Subsequent High-Intensity Endurance Capacity  
*Asok Kumar Ghosh, A. Abdul Rahaman, and Rabindarjeet Singh* ..... 216
- Effect of Bovine Colostrum Supplementation on Respiratory Tract Mucosal Defenses  
in Swimmers  
*Christine Crooks, Martin L. Cross, Clare Wall, and Ajmol Ali* ..... 224
- Branched-Chain Amino Acid Supplementation Before Squat Exercise and  
Delayed-Onset Muscle Soreness  
*Yoshiharu Shimomura, Asami Inaguma, Satoko Watanabe, Yuko Yamamoto,  
Yuji Muramatsu, Gustavo Bajotto, Juichi Sato, Noriko Shimomura, Hisamine Kobayashi,  
and Kazunori Mawatari* ..... 236
- Comparison of Strategies for Assessing Nutritional Adequacy in Elite Female Athletes'  
Dietary Intake  
*Susan Heaney, Helen O'Connor, Janelle Gifford, and Geraldine Naughton* ..... 245
- Evaluation of Iranian College Athletes' Sport Nutrition Knowledge  
*Mahsa Jessri, Maryam Jessri, Bahram RashidKhani, and Caryn Zinn* ..... 257
- Practical Sports Nutrition**
- An Interview With Our Journal's Founder, Professor Mel Williams  
*Louise M. Burke* ..... 264