



Sports Nutrition is a course on the nutritional needs for athletes and sports people. It is designed for people sports counsellors, personal trainers and Nutrition Consultants. Sports people often have special dietary needs to help them fulfill their athletic potential.

- To have a basic grounding in human nutrition as it relates to sport.
- Understand energy and how energy is produced in the body.
- Explain how energy is utilised in the human body.
- Understand the characteristics of, and to be able to design an effective training diet.
- Design a diet for an athlete.
- Understand the principles of and be able to design an athletic diet for the days leading up to, during and after a competition.
- Explain the importance of fluids in an athletic diet.
- Define the body composition of an athlete, and to become aware of the methods of measuring body composition.

For full course outline [Click here](#).



Sports Nutrition

What you get once you enrol:

- Full access to course materials (lessons, assignments, self assessment tests) on our online Moodle platform
- Full Tutor support through out the course via email and Phone
- Option to do the course on CD if Internet connection is a problem
- Supplementary materials like extra articles, news and information added into your online account through out the course
- Career advice
- 10 Assignment corrections and feedback included

Course Duration: 100 hours of study. You can spread out the hours any way it suits you. Most people complete the course in 6 months to 10 months. We require you to submit at least 1 assignment per month. Ideally once you complete studying a lesson it follows with an assignment which you can complete and submit to your tutor. You can get an extension with prior tutor approval.

Exam: At the end of the course you will be required to undertake an exam and pass it to get your Certificate.

What happens once you finish the course?

You will be awarded with your certificate

You can either advance your studies or work in the industry with a better understanding of the subject.

You can discuss with your tutor about your career options.

RECOGNITIONS

WE ARE RECOGNISED BY:
INTERNATIONAL
ACCREDITATION AND
RECOGNITION COUNCIL



Articulations

Health Schools Australia – Health schools offers nationally accredited Advanced Diplomas in various Natural and complementary medicine and nutrition. We have articulated with Health schools so that our students get credits for the course they have undertaken with us in case they wish to pursue higher studies.

We also have articulations with **Warnborough College** in the UK and **NSW School of Massage**.

Higher Psychology courses are recognised by **Australian Counseling Association**.

Contact us

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