

SPORTS NUTRITION DIPLOMA



Introduction:

Stepahead sports nutrition certificate part of the fitness expert diploma is designed to help nutrient PT gym instructors' strength and conditioning coaches obtain the knowledge required to prescribe nutrition plan for active, exercising individual and even competitive athletes in order to guide you how to follow your clients that perform all of these functions.



Description:

This nutrition course provides in-depth knowledge on food selection, macronutrient ratios, micronutrients and human physiology related to digestion and metabolism of food. It is about learning Nutrition that is geared towards optimal performance & body composition.



Methods of Instruction:



- Lecture
- Seminar
- Written Assignments
- Group Projects
- Case Study Analysis
- Discussions
- Field Experiences
- Guest Speakers
- Attendance at professional meetings/events
- Volunteer opportunities

Job Opportunities

- Specialist sports nutrients
- Trainer



Lecturers



- Fouad Gerges
- Bernard Breidy
- Marianne bou zeid
- Stephanie Bechwati

Topics:

- Introduction to nutrition and physical activity
- Macronutrients: Carbs
- Macronutrients: Protein
- Macronutrients: Lipids
- Water Soluble vitamins
- Fat soluble vitamins
- Major minerals
- Obesity and exercise
- Cardiovascular diseases and exercise
- Hypertension and exercise
- Diabetes and exercise
- Childhood and adolescents
- Pregnancy / lactation and elderly
- NCP process
- Equations and equipment for nutrition assessment
- Bioenergetics of physical activity
- Weight management
- Macronutrient requirement for athletes 1
- Macronutrient requirement for athletes 2
- Fluid requirements for athletes
- Vitamins and minerals requirements for athletes
- Ergogenic aids and herbs
- Performance enhancement substances and drugs



Prerequisite: PERSONAL TRAINER DIPLOMA

THANK YOU

