



ONLINE

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entry requirements

Essentials of Nutrition is a pre-requisite for this course.

course overview

The correct eating regimen can go a long way to enhancing a physical training programme and helping towards improving overall sports performance. No matter how hard we train, it is what we put into our bodies that will determine what we get out. Proper nutrition is paramount in achieving our goals.

This **Sports Nutrition** course is designed to provide clear, simple and accurate facts based on the scientific principles of sports nutrition necessary to promote optimal health and performance in active sports individuals.

On completion of this course, you should have a good understanding of specific sports nutrition, and possess adequate knowledge to make informed decisions in order to provide clients with basic sports nutrition advice and dietary guidelines that

will enhance general health and sports performance. It explores the energy needs for various athletes, looks at pre-event nutrition, nutrition for recovery, key vitamins and minerals for athletes and popular dietary supplements.

You can also register for a combined Essentials of Nutrition AND sports nutrition at a discounted price.

*Note: This course lays the foundation for useful advice, but does not allow you to prescribe diet plans or practice as a dietician.

This course is included in our [Nutrition Advisor Bundle course](#) which offers you 4 of our excellent nutrition-based courses at a reduced rate.

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- HFPA Online Learning Platform
- Online lessons and assessments
- E-manual
- Additional online resources

accreditation

- 6 REPSSA endorsed CPD points
- HFPA Certificate of Achievement

subjects & modules

SPORTS NUTRITION MODULE

- | | |
|------------------------------------------------------------|------------------------------------------------------|
| 1 Introduction | 8 Key vitamins and minerals for athletes |
| 2 Eating for top performance | 9 Fluids and hydration |
| 3 Energy balance & body composition in sports and exercise | 10 Pre- event fueling |
| 4 Determining the athletes energy needs | 11 Recovery nutrition |
| 5 Carbohydrate needs for exercise and sport | 12 Making weight targets in weight driven sports |
| 6 Protein needs for exercise and sport | 13 Fueling weight gain for strength and power sports |
| 7 Fat requirements for health and performance | 14 Popular dietary supplements/ergogenic aids |

learning outcomes

Successful learners will be able to:

- Make informed decisions when providing dietary advice to athletes
- Apply the knowledge in your own training regimen
- Learn more about nutrition in relation to sports performance

learning pathways

- Nutrition Advisor
- Advanced Diploma in Nutritional Therapy
- Advanced Diploma in Nutritional Consultancy

description of modes of delivery

ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

contact details

Enquiries: info@hfpa.co.za

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