



ONLINE

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entry requirements

No previous qualifications or requirements are needed

course overview

Gain the vegetarian advantage! Vegetarian meal plans have been used successfully in everything from bodybuilding to endurance sports. Every day more and more athletes (even those who are not full-time vegetarians) incorporate a plant-based diet when training or recovering from competition.

Relying on the recent evidence-based research, Vegetarian Sports Nutrition details performance and health benefits, including enhanced muscle recovery and optimal bone health. With tailored meal plans and training strategies, you will learn to make smart nutritional decisions and properly fuel your body throughout your training regimen.

This comprehensive resource simplifies the process of determining your energy, protein, vitamin, and mineral needs and monitoring carbohydrate and fat intake. You'll learn how to optimize a vegetarian diet for peak performance across all sports.

Whether you are a dedicated vegetarian looking to add variety to your diet or an athlete searching for a competitive edge, Vegetarian Sports Nutrition will help you improve your health and performance!

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
- X10 online lessons
- X1 online summative assessment
- Downloadable Human Kinetics textbook (e-book)

accreditation

- 5 REPSSA endorsed CPD points
- HFPA Certificate of Achievement

subjects & modules

VEGETARIAN SPORTS NUTRITION MODULE

1 Gaining the Plant-Based Advantage

This chapter introduces the concept of vegetarian eating, reviews the potential benefits of vegetarian diets on health as well as athletic performance. “Beginner vegetarians” will also get some tips and easy transition steps on how to become a vegetarian for gaining the vegetarian advantage.

2 Getting Adequate Calories from Plant Sources

This chapter covers how to obtain adequate energy from a plant based diet and how to estimate your energy needs. We will also go through some of the risks that goes along with inadequate energy intake.

3 Finding the Right Carbohydrate Mix

This chapter covers the various components of carbohydrates, importance of carbohydrates and how to estimate your carbohydrate needs.

4 Choosing Smart Fat Over No Fat

This chapter covers the various types of fats and the importance of fat in the vegetarian diet of an athlete.

5 Building Muscle Without Meat

This chapter reviews the role of protein in the diet and discusses how you can easily build muscle strength and mass without meat.

6 Optimising Bone Health

This chapter covers the basics of bone health and how the vegetarian diet can optimise bone health.

7 Boosting Iron Intake and Absorption

This chapter reviews the basics of iron metabolism and why iron is important to athletes, and provides suggestions for boosting iron intake and absorption on a vegetarian diet.

8 Breaking Free of Multivitamin Dependence

This chapter shows you how to meet your vitamin and mineral needs through your diet rather than depending on unnecessary vitamin and mineral supplements.

9 Prioritising foods and fluids Before, During, and After Events

This chapter will help you optimise your performance by teaching you how to take in the right amount of the right foods at the right time before, during, and after your training and competitions.

10 Choosing Whether to Supplement

This chapter covers all the basics of supplements, and highlights the necessity to supplement or not.

11 Reducing Muscle Cramps and Inflammation

This chapter breaks down the physiology of muscle cramps and inflammation, and discusses how a vegetarian diet could possibly assist with the occurrence.

12 Creating a Customised Meal Plan

This chapter helps you put all the information of the above chapters into perspective and design an eating plan of your own.

13 Adapting the Plan to Manage Weight

This chapter covers how you can adapt your eating plan to match your goal weight, whether it is losing, gaining or maintaining weight.

14 Whipping Up Quick Vegetarian Meals and Snacks

This final chapter gives you some interesting and fresh vegetarian meal ideas.

15 Recipes

learning outcomes

Successful learners will be able to:

- Knowledge of how to optimize a vegetarian diet for peak performance across all sports

learning pathways

- Nutrition Advisor
- Advanced Diploma in Nutritional Therapy
- Nutrition for special dietary needs

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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National Contact Centre: 0861 777 010