



NUTRITION ADVISOR

32 CPD POINTS | CATHSSETA | REPSSA

COURSE DURATION: 12 MONTHS

STUDY MODE OFFERED: ONLINE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

No previous qualifications or requirements are needed

course overview

The **NUTRITION ADVISOR** course has been designed to provide you with all of the knowledge you need to help both yourself, or your clients, achieve the best results, be it just for health, weight loss, fitness and strength, or athletic performance.

We have made sure to cover every aspect of nutrition available, to help you achieve your goals.

If you would prefer to just study one of the courses below, simply click on Register and select the course you would like to study.

The nutrition advisor course includes the following courses:

ESSENTIALS OF NUTRITION

This course provides up to date, well researched nutritional information enabling fitness professionals to give appropriate advice to clients. It is also designed to assist individuals interested in achieving their own health, fitness and sporting goals.

The Essentials of Nutrition course is designed to lay the foundation for good nutrition, optimal health and prevention of disease through all stages of the life cycle.

On completion of the course you should be able to make general recommendations to clients to optimise their health through nutrition. You should also be able to refute any myths and identify risks in clients, altering their behaviour to reduce the risk and prevent progression of disease.

*Please note that this course does NOT qualify you to prescribe specific diets or treat nutrition related illnesses such as diabetes, Dyslipidemia (abnormal fat levels), heart disease or eating disorders.

This course is ideal for all those with an interest in nutrition, and

also for fitness professionals who can provide general advice to clients to help reach their performance targets or protect their health.

SPORTS NUTRITION

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 prevent nutrition, nutrition for recovery, key vitamins and minerals for athletes and popular dietary supplements.

WEIGHT MANAGEMENT COACH

HFPA's Weight Management Course is developed by a Registered Dietitian with 15 years experience in private practice! Dietitian Ashleigh Caradas takes you through the science behind weight control.

Includes:

- Learning how to demystify popular diets

- Tools to help you determine the best diet for your clients needs
- Information about calories and macros and how to distribute these in a meal plan
- Knowledge to motivate clients to change their behaviours and thoughts around food and diets
- A must for fitness professionals to learn how to approach a client that wants to lose weight on an emotional, behavioural and physical level. If you don't know how to help them cope with it, you could be doing more harm than good
- A mini counselling and diet planning course all in one!

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

VEGETARIAN SPORTS NUTRITION

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!

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

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

accreditation

- 32 REPSSA CPD points
- HFPA certificate of achievement

learning outcomes

Successful learners will be able to:

- Enhance your scope of practice as a personal trainer by designing eating plans for your clients
- Enhance your scope of practice by designing eating plans for athletes
- Add nutrition for special needs populations to your scope of practice

learning pathways

- Higher Certificate in Exercise Science
- Exercise Specialist
- Advanced Diploma in Nutritional Therapy

subjects & modules

ESSENTIALS OF NUTRITION MODULE

- 1 Energy balance
- 2 Digestion, Absorption, Transport & Excretion of nutrients
- 3 Macronutrients
- 4 Micronutrients
- 5 Nutrition through the life cycle
- 6 Behaviour Modification
- 7 Healthy eating
- 8 Weight management
- 9 Metabolic syndrome
- 10 Food Allergy, Intolerance and sensitivity
- 11 Eating disorders
 - Guidelines for Healthy eating (including plate model and teaching tools, food labels etc.),
 - Healthy eating for Healthy Infants and toddlers,
 - Nutrition for Children & Adolescents,
 - Nutrition in the Adult years,
 - Nutrition in the Elderly and Counselling For Change
 - Male and Female Menopause and anti-aging

SPORTS NUTRITION MODULE

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

WEIGHT MANAGEMENT COACH MODULE

- 1 The Shape I'm in - The Obesity Epidemic
- 2 Understanding Nutrients - Kilojoules, Proteins, Carbohydrates and Fats
- 3 Big Fat Lies and History of Fad Diets
- 4 A Brief History of Food, Agriculture and Processing
- 5 Basic Guidelines for Healthy Weight loss
- 6 How to Motivate and Change Behaviour
- 7 Adjuncts to Weight Loss: The Role of Exercise and Supplements
- 8 The Assessment Process
- 9 Fast Food Generation
- 10 The Basics of Designing a Weight Loss Programme

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.

subjects & modules

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

hfpa online learning platform (olp)

All students are given access to our advanced and interactive Online Learning Platform.

You are never alone when you study online with us! The HFPA OLP has been carefully developed to bring you all the benefits of a traditional classroom setting, facilitating interactive learning through multi-media lessons, videos, quizzes, questionnaires, forums, links, presentations, journals, assignment and exam submissions and more!

You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

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 throughout the course.

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010