



Sport Nutrition

Short Course



-  **Duration:** 3 Months
-  6 CPD points
-  **Admission requirements:**
No previous requirements
-  **Registered:** REPSSA
-  **Modes of delivery:** Online
-  **Some course content:**
Protein, fat and key vitamins
-  **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 sport performance



Other courses you might be interested in

- ▶ Nutrition Coach
- ▶ Vegetarian Sport Nutrition
- ▶ Weight Management Coach