UXI SPORT

HFPA
SPORT & FITNESS EDUCATION

Vegetarian Sport Nutrition

Short Course

Register Now

- **Duration: 3 Months**
- **5 CPD points**
- **Admission requirements:**
  No previous requirements
- **Registered: REPSSA**
- **Modes of delivery: Online**

Some course content:

- Gaining the Plant-Based Advantage
- Building Muscle Without Meat
- Reducing Muscle Cramps and Inflammation
- Choosing Smart Fat Over No Fat

Learning outcomes:

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

Other courses you might be interested in

- Nutrition Coach
- Weight Management Coach
- Sport Nutrition

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