



Education for the healthy mind.

Sports & Fitness Nutrition

Understand the principles of sports nutrition as it applies to training, performance, recovery, and overall health.

Learn about obtaining essential nutrients from food and supplements and dietary guidelines to support athletic health and performance. This course provides the latest natural health and nutrition information through special features from *alive* magazine. Apply the concepts to your everyday lifestyle with recipes chosen specifically related to each lesson. This course will be especially interesting to professional and amateur athletes, fitness trainers, coaches, nutritionists, and anyone dedicated to physical health and wellness.

“I loved this course and found every bit of information practical and useful. I know I will be able to use what I learned in Sports & Fitness Nutrition.”

Cory Lynn McIvor, Nutritional Consultant

Ideal for:

professional and amateur athletes, coaches, trainers, nutritionists, physiotherapists, natural health products representatives.

Highlights:

- this course is a co-requisite for the Nutritional Consulting Diploma program
- only 5 months or less required to complete the course
- accredited, distance education
- includes practice quizzes, tests, feature articles from *alive* magazine, *alive* recipes, final examination, certificate, and free shipping within North America
- also includes 2 reference texts: *Nutrition for Health, Fitness, & Sport* by Melvin H. Williams and *Prescription for Dietary Wellness* by Phyllis A. Balch
- assistance and support provided while you study

Lesson 1—Introduction to Nutrition for Health, Fitness, and Sports Performance

Lesson 2—Healthful Nutrition for Fitness and Sport

Lesson 3—Human Energy

Lesson 4—Carbohydrates: The Main Energy Food

Lesson 5—Fat: An Important Energy Source During Exercise

Lesson 6—Protein: The Tissue Builder

Lesson 7—Vitamins: The Organic Regulators

Lesson 8—Minerals: The Inorganic Regulators

Lesson 9—Water, Electrolytes and Temperature Regulation

Lesson 10—Body Weight and Composition for Health and Sport

Lesson 11—Weight Maintenance and Loss Through Proper Nutrition and Exercise

Lesson 12—Weight Gaining through Proper Nutrition and Exercise

Lesson 13—Food Drugs and Related Supplements

Contact our admissions officers today!

100-12751 Vulcan Way, Richmond, BC V6V 3C8, Canada

call 604.295-9333 or 1.800.663.6580, fax 604.295-9101 or 1.800-663-6597

email info@aliveacademy.com, visit aliveacademy.com