



# 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

## Highlights:

- » this course is a co-requisite for all certificate and diploma programs
- » 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

## Ideal for:

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

**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 Management 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!

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