

Advanced Sports and Exercise Nutritional Advisor™

Advisory and Client-Focused Certification

Certification Curriculum



Sports and Exercise Nutritional Advisor Overview

Unit	Content
1	Introduction to nutrition for physical activity
2	Nutritional recommendations for your client
3	Building a personalised diet plan for your client
4	Analysing your client's food diary and fluid intake
5	Planning a training diet
6	How the body stores energy
7	Carbohydrates: Fuel for exercise
8	Protein and amino acids: Muscle repair and growth
9	Body fat and essential fatty acids for performance
10	Introduction of hydration strategies
11	Micro-nutrients: Vitamins, minerals and antioxidants
12	Good carbs, bad carbs, and the glycaemic index of foods

Sports and Exercise Nutritional Advisor Overview

Unit	Content
13	Calculating and fine-tuning your client's carbohydrate requirements
14	Carb loading methods for endurance events
15	Fuelling muscles before exercise: How to plan a pre-exercise diet
16	Fuelling muscles during exercise: How to plan a training diet
17	Fuelling muscles between workouts: How to plan workout meals
18	Fuel after exercise and recovery: How to plan a post-exercise diet
19	Building and repairing muscles: Role of protein and amino acids
20	Protein for muscle strength, recovery and performance
21	Calculating your client's protein requirements
22	Planning a Weight Control Diet: Weight (fat) loss, weight (muscle) gain, and weight maintenance

Sports and Exercise Nutritional Advisor Overview

Unit	Content
23	Replacing sweat losses: Effects of hydration on performance
24	Hydrating before, during and after exercise
25	The science of sports drinks
26	Pre-competition nutrition: Optimum nutrition for peak performance
27	Nutrition strategies on the competition day
28	Planning a competition eating programme
29	Dos, don'ts and must dos as a Sports and Exercise Nutritional Advisor
30	Legal, Insurance, Tax and Professional Considerations
BONUS 31	The science of supplements, performance enhancers and engineered sports foods A to Z: Effectiveness, side effects, who should take them, scientific research. Includes anabolic steroids and prohibited stimulants

Building a diet plan

Unit	Here's what you'll learn	Client materials and handouts
1.1 Introduction to nutrition for physical activity	<ul style="list-style-type: none">▪ Why exercise alone isn't the solution to good health▪ The important of exercise, diet and supplements	<ul style="list-style-type: none">▪ Client Diet Assessment (questionnaire)
1.2 Nutritional recommendations for your client	<ul style="list-style-type: none">▪ The risks of nutritional deficiencies▪ How to assess your client's diet and make recommendations▪ What is good nutrition?▪ The 50 essential nutrients that your client needs▪ Stamina and nutrient breakdown▪ The 10 rules for a healthy diet▪ What C.R.A.P. foods are (and why your client should limit them!)	<ul style="list-style-type: none">▪ Client Diet Score and personalised recommendations▪ The 10 Rules for a Healthy Diet (session handout)

Building a diet plan (cont.)

Unit	Here's what you'll learn	Client materials and handouts
<p>1.3 Building a Personalised Diet Plan for Your Client</p>	<ul style="list-style-type: none">▪ The role of diet on fitness, athletic performance and recovery▪ Dietary guidelines for sports and exercise▪ The International Olympic Committee opinion on sports nutrition▪ Energy availability and exercise expenditure▪ The importance of calculating your client's energy requirements▪ The 3-step process to assess your client's ideal caloric intake▪ How to calculate your client's BMR▪ Physical activity intensity and energy expenditure	<ul style="list-style-type: none">▪ Table: Caloric Expenditure Per Hour of Training Activity▪ Client Daily Caloric Requirement Planner

Analysing food journals

Unit	Here's what you'll learn	Client materials and handouts
<p>2.1 Analysing your client's food diary and fluid intake</p>	<ul style="list-style-type: none">▪ Why it's important to analyse your client's diet▪ Methods to record dietary intake and their efficacy▪ Food frequency questionnaire▪ 24-hour recall▪ Daily food diary▪ How to analyse your client's food diary (step-by-step)▪ The 5 questions you need to ask to evaluate your client's fluid intake	<ul style="list-style-type: none">▪ Food Frequency Questionnaire Template▪ 24-hour Food Recall Diary▪ Daily Food Diary▪ Client Diet Analysis▪ Client Action Plan

Analysing food journals (cont.)

Unit	Here's what you'll learn	Client materials and handouts
2.2 Planning a Training Diet	<ul style="list-style-type: none">▪ What process you need to follow in your first and second consultations▪ How to plan a training diet▪ Why the Eat Well Plate is not relevant to your client▪ The Training Food Pyramid (and how to use it)▪ How to calculate portions▪ Tips for each nutrient group	<ul style="list-style-type: none">▪ Training Food Pyramid™ (with recommendations)▪ Your Current Food Pyramid Template▪ Swiss Pyramid for Athletes▪ Fuelling the Vegetarian Athlete▪ Eatwell Plate

How the body stores fuel and fat

Unit	Here's what you'll learn	Client materials and handouts
<p>3.1 How the body stores energy</p> <p>3.2 Carbohydrates – Fuel for exercise</p>	<ul style="list-style-type: none">▪ Energy in food▪ How the body stores carbohydrates▪ How the body stores fat▪ How the body stores protein▪ Which fuels are needed for exercise▪ How the body stores (and uses) carbohydrates▪ How much carbohydrate should your client consume▪ How many carbs we need for post-exercise recovery▪ Fuelling timing – before, during and after exercise	<ul style="list-style-type: none">▪ Energy availability in the body per fuel type▪ Categorisation per body fat percentage▪ Body fat percentages per sport▪ Food sources of Omega 3

How the body stores fuel and fat (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
3.3 Amino Acids – Muscle repair and growth	<ul style="list-style-type: none">▪ Which carbs are the best fuel?▪ The role of amino acids in a training programme▪ How much protein is needed	<ul style="list-style-type: none">▪ Energy availability in the body per fuel type
3.4 Body fat and essential fatty acids for performance	<ul style="list-style-type: none">▪ How to calculate protein requirements▪ When your client needs to have protein▪ Is a little “extra protein” harmful?▪ The risks of excessive protein consumption▪ What's the ideal body fat?▪ Body fat percentages per sport▪ How much fat should athletes and exercisers have?	<ul style="list-style-type: none">▪ Categorisation per body fat percentage▪ Body fat percentages per sport▪ Food sources of Omega 3

How the body stores fuel and fat (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
3.5 Introduction to hydration strategies	<ul style="list-style-type: none">▪ Can Omega 3 improve athletic performance?▪ Omega 3 (EPA, DHA): Health benefits, deficiency symptoms, best food sources and top supplements	<ul style="list-style-type: none">▪ Energy availability in the body per fuel type
3.6 Micro-nutrients: Vitamins, minerals and antioxidants	<ul style="list-style-type: none">▪ Omega 6 (GLA): Health benefits, deficiency symptoms, best food sources and top supplements▪ Why hydration is key to performance▪ How much water is recommended for exercise▪ Are sports drinks necessary?▪ Role of vitamins and minerals in exercise▪ Which nutrients athletes need the most▪ Are supplements always necessary?	<ul style="list-style-type: none">▪ Categorisation per body fat percentage▪ Body fat percentages per sport▪ Food sources of Omega 3

Carb loading strategies for peak performance

Unit	Here's what you'll learn	Client materials and handouts
<p>4.1 Good carbs, bad carbs and the GI index of foods</p>	<ul style="list-style-type: none">▪ Carbohydrates classification▪ Good carbs or bad carbs?▪ What's the Glycaemic Index (GI) of foods?▪ The GI index and athletic performance▪ How to use the Glycaemic Index▪ Low GI diets for weight loss▪ High carb or low carb for training?▪ Why body weight and training volume are needed to compute your client's ideal carbohydrate requirements▪ How much carbohydrate is needed according to your client's activity level	<ul style="list-style-type: none">▪ Low GI Diet Shopping List (client session handout)▪ Carbohydrate Intake per Activity Type▪ Training Carbohydrate Intake Calculator

Carb loading strategies for peak performance (cont.)

Unit	Here's what you'll learn	Client materials and handouts
4.2 Calculating your client's carbohydrate requirements	<ul style="list-style-type: none">▪ Step by step calculation of your client's ideal carbohydrate intake▪ The ups and downs of the “train low, compete high” model▪ What is carbohydrate loading?	<ul style="list-style-type: none">▪ Event Carb Loading Planner
4.3 Carb loading methods for endurance events	<ul style="list-style-type: none">▪ Does it improve performance?▪ Does carb loading work for women?▪ 3 carb loading methods that work▪ How to calculate and plan a carb loading diet for your client▪ 5 common mistakes when carb loading (and how to prevent them!)	<ul style="list-style-type: none">▪ Sample Carb Loading Meal Plan

Fuelling muscles before, during and after exercise

Unit	Here's what you'll learn	Client materials and handouts
<p>5.1 Fuelling muscles before exercise: How to plan a pre-exercise diet</p>	<ul style="list-style-type: none">▪ What is the best time to eat before training?▪ How much carbohydrate should our client have before training?▪ What are the best foods before exercise?▪ Does the GI of a meal affect performance?▪ Is fuel during exercise necessary?	<ul style="list-style-type: none">▪ Training Session Carbohydrate Planner
<p>5.2 Fuelling muscles during exercise: How to plan a performance diet</p>	<ul style="list-style-type: none">▪ What's best: Solids or fluids?▪ Can you prevent "hitting the wall"?▪ How much carbohydrate does your client need during training?▪ What are the best times and the best foods and drinks during exercise?▪ Do you also need protein during exercise?▪ Is it necessary to eat between workouts?	<ul style="list-style-type: none">▪ Carbohydrate Intake Calculator Between Workouts▪ Meal Planner Between Workouts

Fuelling muscles before, during and after exercise (cont.)

Unit	Here's what you'll learn	Client materials and handouts
<p>5.3 Fuelling muscles between workouts: How to plan in-between workout meals</p>	<ul style="list-style-type: none">▪ What's best between training sessions: Low, medium or high GI foods?▪ How to calculate ideal carbohydrate intake between workouts▪ Planning meals between scheduled training sessions▪ How long does it take to refuel?	<ul style="list-style-type: none">▪ Post-workout Carbohydrate Intake Calculator▪ Post-workout Meal Planner
<p>5.4 Fuel after exercise and recovery: How to plan a post-exercise diet</p>	<ul style="list-style-type: none">▪ What's the best for recovery: High carb or low carb?▪ Does fitness impact refuelling efficiency?▪ Should you eat immediately after training?▪ Calculate your client's carbohydrate amount and timing of intake after training▪ What are the best meals after exercise?▪ Is combining carbs and protein necessary?	<ul style="list-style-type: none">▪ Post-workout Meal Samples

Muscle building and weight control

Unit	Here's what you'll learn	Client materials and handouts
<p>6.1 Building and Repairing Muscle: Role of protein and amino acids</p>	<ul style="list-style-type: none">▪ Is extra protein necessary for exercise?▪ Why do we need protein?▪ Which amino acids are essential and non-essential?▪ What's the role of "branched-chain amino acids" (BCAAs)?	<ul style="list-style-type: none">▪ Protein Requirements per Activity Type
<p>6.2 Protein for Muscle Strength, Growth and Performance</p>	<ul style="list-style-type: none">▪ Is protein needed for endurance training?▪ The role of protein in strength and power training▪ Do beginners need less protein than athletes?▪ Can high-intensity exercise cause muscle loss?▪ Protein for recovery and muscle strength▪ When is best to eat protein?▪ What's the best protein after a workout?	<ul style="list-style-type: none">▪ Ideal Protein Intake Calculator per Goal Type▪ Good Food Sources of Protein

Muscle building and weight control (cont.)

Unit	Here's what you'll learn	Client materials and handouts
6.3 Calculating Your Client's Protein Requirements	<ul style="list-style-type: none">▪ Protein supplements... or foods?▪ Does more protein equal more muscle?▪ Is your client getting enough protein?▪ How much protein does your client need?▪ How to calculate your client's ideal protein intake based on their fitness goals	<ul style="list-style-type: none">▪ Protein Meal Planner▪ Weight Control Calculator
6.4 Planning a Weight Control Diet: Weight (fat) loss and weight (muscle) gain	<ul style="list-style-type: none">▪ Does protein and exercise mean greater weight loss?▪ How to lose weight without losing muscle▪ Recommendations for weight (fat) loss and weight (muscle) gain▪ Step by step guide on how to calculate ideal daily calories and carbohydrate, protein and fat intake for weight maintenance, weight (fat) loss or weight (muscle) gain	<ul style="list-style-type: none">▪ Weight Control Calculator Template

Replacing sweat losses

Unit	Here's what you'll learn	Client materials and handouts
<p>7.1 Replacing sweat losses: Effects of hydration on performance</p>	<ul style="list-style-type: none">▪ Why do we sweat when we move?▪ How much water do we lose?▪ Why do some people sweat more?▪ Estimating your client's sweat losses▪ Does dehydration affect performance?▪ The dangers of dehydration▪ Is it possible to reduce water loss?▪ Exercise hydration strategies▪ How do I know if I am dehydrated?▪ Should sweatsuits or neoprene be avoided?▪ Can sweatsuits or neoprene help with fat loss?▪ Hydration strategies before, during and after exercise	<ul style="list-style-type: none">▪ “Dangers of Dehydration” table (client session handout)▪ Best drinks per activity type (client session handout)

Replacing sweat losses (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
7.2 Hydrating before, during and after exercise	<ul style="list-style-type: none">▪ Should you hydrate before exercise?▪ Is it possible to fluid-load before exercise?▪ Sports drinks or water?▪ Best drinks per activity type▪ How much carbohydrate in drinks during exercise	<ul style="list-style-type: none">▪ Carbs in drinks per exercise duration (table)
7.3 The science of sports drinks	<ul style="list-style-type: none">▪ What happens if you drink too much water?▪ Can drinking during exercise make you sick?▪ What's the best post-exercise drink?▪ How much to drink on non-training days?▪ Types of sports drinks▪ When is a sports drink better than water?▪ How to create your own sports drink▪ Why cyclists benefit from sports drinks	<ul style="list-style-type: none">▪ Easy Sports Drinks Recipes (DIY isotonic and hypotonic drinks)

Replacing sweat losses (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
7.3 The science of sports drinks (continued)	<ul style="list-style-type: none">▪ How to answer common client questions, including:<ul style="list-style-type: none">○ Why do sports drinks have electrolytes?○ Why do sports drinks have sugar?○ What's best: still or carbonated?○ Should I take salt tables in hot weather?○ Can fruit juice improve performance?○ Can lite waters improve performance?○ Are low calorie drinks good enough for exercise?○ Do caffeinated drinks improve performance?○ Should I avoid decaf drinks for rehydration?	<ul style="list-style-type: none">▪ Caffeine Content in Drinks and Food

Competition diets for endurance, power and strength

Unit	Here's what you'll learn	Client materials and handouts
8.1 Pre-competition nutrition	<ul style="list-style-type: none">▪ Nutrition for peak performance▪ Nutritional strategies the week before competing▪ How to prepare for:<ul style="list-style-type: none">○ short events (less than 4 minutes)○ endurance events of over 90 minutes○ endurance events of less than 90 minutes (or multiple heats)○ weekly events▪ How many calories pre-competition?▪ How to “make weight” for a competition▪ Pre-competition weight loss dos and don'ts	<ul style="list-style-type: none">▪ Carbohydrate Intake 3 Days Prior (table)▪ Pre-competition Checklist▪ Pre-competition Meal Plans

Competition diets for endurance, power and strength (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
<p>8.2 Nutrition strategies on the competition day</p>	<ul style="list-style-type: none">▪ The day before competing: how to prepare▪ What to eat when nerves kick in▪ The 4 most important to-do's on the competition day▪ What are the best pre-competition meals?▪ What to eat or drink during the competition?▪ How much water during the event?▪ Are solids bad during the competition?▪ What to eat between heats or consecutive events?▪ What are the best foods after the competition?	<ul style="list-style-type: none">▪ Competition Day Meal Samples▪ Sports Drink Guideline During the Event▪ Meals Between Heats and After Events

Competition diets for endurance, power and strength (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
<p>8.3 Planning a competition eating programme</p>	<ul style="list-style-type: none">▪ The goals, dietary guidance and meal samples for:<ul style="list-style-type: none">○ The week before competing○ The night before○ 2 to 4 hours before○ 1 hour before○ 15 to 30 minutes before○ During events lasting more than 60 minutes○ Between heats or events○ After the event	<ul style="list-style-type: none">▪ Competition Nutrition Planner

Professional, legal, insurance and tax considerations

Unit	Here's what you'll learn	Client materials and handouts
<p>9.1 Dos, don'ts and must dos as a Sports and Exercise Nutritional Advisor</p>	<ul style="list-style-type: none">▪ The importance of acting responsibly and ethically with your clients▪ Your role as a Sports and Exercise Nutritional Advisor: What you can do, what you cannot do, and what you must do▪ The importance of medical advice▪ Which products and brands are the best ones to buy or put forward	<ul style="list-style-type: none">▪ Client Health Check Questionnaire▪ Medical Referral Form

Professional, legal, insurance and tax considerations (cont.)

Unit	Here's what you'll learn	Client materials and handouts
9.2 Legal, Insurance, Tax and Professional Considerations	<ul style="list-style-type: none">▪ Setting up your practice as a Sports and Exercise Nutritional Advisor▪ The 4 most important steps that you need to follow▪ What types of insurance cover you need to get▪ Registering as self-employed▪ How to prepare for your initial client consultation▪ Observing client confidentiality and Data Protection▪ HMRC training with case study	<ul style="list-style-type: none">▪ Client Informed Consent Form (done-for-you legal template)

The science of engineered sports supplements

Unit	Here's what you'll learn	Client materials and handouts
10.1 The science of supplements, performance enhancers and engineered sports foods	<ul style="list-style-type: none">▪ Are sports supplements effective?▪ Can sports supplements speed your progress and give you a competitive edge?▪ What are the most commonly used sports supplements?▪ How do I know if they work?▪ Are sports supplements safe?▪ How to evaluate a supplement▪ Anabolic androgenic steroids and prohibited stimulants▪ Sports Supplements from A to Z: Effectiveness, side effects, who should take them, scientific research▪ Supplements that support immunity during training	<ul style="list-style-type: none">▪ Sports Supplements A to Z Guide: Effectiveness, side effects, who should take them, scientific research

Summary Course Overview

1	Building a diet plan
2	Analysing food journals
3	How the body stores fuel and fat
4	Carb loading strategies for peak performance
5	Fuelling muscles before, during and after exercise
6	Muscle building and weight control
7	Replacing sweat losses
8	Competition diets for endurance, power and strength
9	Professional, legal, insurance and tax considerations
10	Supplements, performance enhancers and engineered sports foods
11	Certification

BONUS

The Health Sciences Academy

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