

Sports Nutrition Essentials

A collaboration between the Centre for Advanced Learning and Sports Dietitians Australia

DATE

Online course

Course commences 8 April 2019

Course concludes 14 June 2019

TIME

At your own pace during the 10-week period, with a webinar scheduled 7.00-8.00pm AEST Wednesday, 29 May 2019.

VENUE

Online course

COST (incl. GST)

\$599.00

Discount for DAA, Dietitians NZ members:

\$399.00

FOR MORE INFORMATION OR TO REGISTER – VISIT

<https://daa.asn.au/member-community/blog/centre-for-advanced-learning/sports-nutrition-essentials/>



Course Overview

The course, a collaboration between the Centre for Advanced Learning and Sports Dietitians Australia, is developed entirely by Accredited Sports Dietitians and delivered entirely online.

Participants will develop a fundamental level of theoretical and practical knowledge to allow for basic sports nutrition information to be given to clients in private practice settings including:

- An understanding of the role of sports nutrition (carbohydrate, protein and fluid) for fuelling and recovery in sport and exercise settings
- An awareness of the appropriate integration of sports supplements into a training nutrition plan for sports performance
- The ability to identify situations where a client should be referred to an Accredited Sports Dietitian with specialist knowledge and expertise in the area of sports nutrition

Leave this course with

- A fundamental level of knowledge to allow for provision of basic sports nutrition advice
- 8 Dietitians Association of Australia (DAA) Continuing Professional Development (CPD) assessed hours
- 30 Sports Dietitians Australia (SDA) Career Development Pathway (CDP) points
- Recommendations, guidelines and evidence-based literature to add to your toolkit
- Network of dietitians working in the field of sports nutrition

** CPD hours can be logged if course content aligns with your APD learning goals*

The Centre for Advanced Learning is an initiative of the Dietitians Association of Australia offering innovative short courses in high-demand topic areas, designed to build and develop skills and knowledge for both dietitians and health care professionals.