

# SPORTS NUTRITION

COURSE CONTENT OVERVIEW

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This Sports Nutrition training course is designed to help learners understand the nutritional requirements of a well-balanced, healthy diet that is supportive of the level of fitness they are trying to maintain or achieve. The course has been developed by a qualified dietician and helps those who take part in regular exercise, sport or training sessions to effectively plan their daily diet.

#### **Module One: The Basics of Sports Nutrition**

This module outlines the basic nutritional requirements of sportspeople and uses the Eatwell Guide to explain the best foods to eat for good health. The module explains when the best time to eat is and looks at the use of fitness supplements.

- How to plan your diet
- The Eatwell Guide
- How many calories should I consume?
- Which foods should I eat?
- When should I eat?
- Snacking
- Main meals
- Supplements

#### **Module Two: Carbohydrates**

This module explains the use of carbohydrates in the diet and looks at why they're an essential part of your fitness regime. The module provides an understanding of how carbohydrates are used by the body and how much of them you should consume.

- Macronutrients
- Glucose and glycogen
- Simply and complex carbohydrates
- Glycaemic index (GI)
- How much carbohydrate should I have?
- Carbohydrate loading

#### **Module Three: Fats and Proteins**

This module looks at the different types of fats and explains which ones are most beneficial to health. The module also looks at the role that protein plays in the diet and gives examples of how much protein you may need and how to obtain it through healthy eating.

- Types of fats
- Omega 3 and 6
- Protein
- Amino acids
- How much protein should I have?
- Protein-rich foods
- Vegetarian sources of protein

#### **Module Four: Fluids**

This module explains the importance of remaining hydrated before, during and after exercise. The module outlines the differences between the different types of sports drinks and explains when these are most beneficial to consume.

- Hydration
- How much fluid do I need?
- Isotonic, hypotonic and hypertonic sports drinks
- Sodium

#### **Module Five: Nutritional Requirements of Different Sports**

This module explains more about why you need energy, how it's produced and how it's used by the body. This module also looks at the varying nutritional requirements of different types of exercise.

- How is energy made?
- How is energy used?
- Endurance sports
- Strength, power and sprint sports
- Team sports
- Body weight

## Aims of the Training

By the end of this course, learners will:

- Understand how to plan a nutritional and well-balanced diet that supports the type of exercise being done.
- Know when to eat and how much to eat in order to get the most out of the diet.
- Understand the importance of carbohydrates, proteins and fats and know where these can be obtained in the diet.
- Understand the importance of maintaining fluids.
- Learn how the body uses food for energy.
- Understand the different dietary requirements of different sports.