

Diploma in Sports Nutrition



This course is designed to give you a sound introduction to the subject and provide you with skills and knowledge on a theory basis to be able to understand your needs and requirements in the terms of nutrition and be able to help you provide information to others on the correct use and applications of nutrition within the sports arena.

Vital Importance

At no time should you or anyone you advise, carry out any changes to diet or activities unless you have had a full medical and discussed the changes proposed with a qualified doctor or specialist.

Course Outline

Part A: Human Anatomy & Physiology

To have a better understanding of how nutrition works within the body it is essential that you complete an introductory section on human anatomy covering the following topics:

Unit 1: Introduction to the Human Body

- Human Body Structure
- Body Functions
- Life Process
- Anatomical Terminology

Unit 2: Cells, Tissues and Membranes

- Cells structure and Function

- Body Tissues
- Membranes

Unit 3: Skeletal System

- Functions of the Skeletal System
- Bone Tissue
- Bone Development & Growth
- Classifications of Bones
- Division of the Skeleton

Unit 4: Muscular System

- Functions of the Muscular System
- Structure of the Skeletal Muscle
- Muscle Types
- Skeletal Muscle Groups

Unit 5: Nervous System

- Functions of the Nervous System
- Nerve Tissue
- Organisation of the Nervous System

Unit 6: Endocrine System

- Introduction to the Endocrine System
- Characteristics of Hormones
- Endocrine Glands

Unit 7: Cardiovascular System

- Introduction to the Cardiovascular System
- Heart
- Blood

Unit 8: Lymphatic System

- Functions of the Lymphatic System
- Components of the Lymphatic System

Unit 9: Respiratory System

- Introduction to the Respiratory System
- Mechanics of Ventilation
- Respiratory Volumes and Capacities
- Conducting Passages

Unit 10: Digestive System

- Functions of the Digestive System
- General Structure
- Regions of the Digestive System

Unit 11: Urinary System

- Functions of the Urinary System
- Components of the Urinary System

Unit 12: Reproductive System

- Introduction to the Reproductive System
- Male Reproductive System
- Female Reproductive System

PART B: Introduction to Nutrition

This section of your course looks at how nutrition plays a vital role in sports and guides you through the basics needed to understand and apply nutritional requirements within the sports arena.

Unit 13: Proteins & Carbohydrates

- Macronutrients

- Non-Essential Amino Acids
- Essential Amino Acids
- Carbohydrates

Unit 14: Fats & Cholesterol

- Fats
- Cholesterol

Unit 15: Vitamins & Minerals

- Vitamins
- Minerals

Unit 16: Hydration

- Water
- Liquids

Unit 17: Nutritional Requirements

- Protein
- Carbohydrate
- Fat Dietary
- Know the Limits

Unit 18: Recommended Daily Allowances (RDA)

- RDA
- Female Average
- Male Average
- Child Average

Unit 19: Supplements

- Supplements
- Creative Monohydrate
- DHEA

Unit 20: Low Fat menu

- Breakfast
- Lunch
- Dinner
- Deserts
- Snacks

Unit 21: Nutritional abuses

- Alcohols Effect on Metabolism
- Caffeine's Affect on Metabolism
- Eating Disorders
- FAD Diets

Certification

On successful completion of all your 8 assignments you will be awarded the UKOL Diploma in Sports Nutritionist.

You can also complete an on-line examination for the International Fitness Association (IFA) Certificate in Sports Nutritionist. This on-line examination consists of 100 multiple-choice questions.

Here is the link and the fee is around £50 <http://www.ifafitness.com/>

Study Method:

The course is designed for study by tutor supported open learning. Students receive course manual, assignments and studyguide plus tutor support. To complete this course it will take in the region of 100 study hours which can be spread over the 12 month period.

Assessment:

Students are assessed through a series of tutor marked assignments based on their application of the course content there is no final exam. The assignments take the form of a series of structured questions. There is no word count for these assignments, however you have to prove to your tutor that you have fully understood the questions asked.

Payment Method:

You can choose to pay in full at the time of ordering, or you can pay in monthly installments.

If you would like to pay in installments, we would need the one of the installments as a deposit with your order (either by cheque or by credit/debt card) we will take the rest of the installments off the card for the remaining months. For further details on paying by installments please call or e-mail UK Open Learning.

Entry Requirements:

There are no entry requirements but students must be committed to the aims of the programme and study method.

CODE	PRICE	INSTALMENTS
4	£285.00	6 Months at £47.50
Pay in full at the time of ordering and you will receive the 10% discount (deducted at checkout)		