



Nutrition for Performance

This specialist course on Nutrition for performance will add a valuable qualification to your current competencies as a fitness practitioner or coach. On successful completion of the course, you will understand nutrition principles and be able to advise clients on their eating plans. In particular, you will be able to give advice on nutrition and ergogenic aids for improved performance.

Subjects include:

1. The fundamentals of nutrition
2. Nutrition for a healthy lifestyle and weight management
3. Nutrition for performance, performance supplements and ergogenic aids
4. Developing a nutrition model for consulting and prescribing

Credits and duration of the course

The credit value of this specialisation is 15 credits (150 notional learning hours). To certify in this specialisation, it will take one hundred and fifty notional hours excluding pre-requisites. If you allow approximately 8-hours a week for studies (including tasks for assessment and experiential learning) you will take 19 weeks to complete the course.

Specialisation programmes are learner-paced. Students learn at different rates and some become competent and confident sooner than others. Our experience informs us that students who follow the learning process usually master the learning for the specialization in the expected time frame. Students develop the confidence to implement skills at different rates and some may take longer to gain confidence. But, with sufficient practice, confidence as well as competence is achievable.

Admission Criteria and certification requirements

1. **Qualified applicants:** if you hold a qualification which includes exercise science, you need to provide proof of your certification when you register.
2. **Unqualified applicants:** you need to complete the learning and assessment criteria of the prerequisite/s and the specialisation.
3. **Self improvement:** it is possible to attend the specialisation but not take assessment.
4. **Certificates:** certificates are only provided once fees are paid in full and on successful completion of all assessment criteria. Certificates of attendance are **not** provided. Students receive a letter of registration and confirmation once they register.

All students receive: Course book, file with notes, study guide and evidence portfolio.

Studying through an eta campus

1. Induction session and introduction to the learning system

You will attend an induction session given by an **eta** facilitator. The aim of the session is to prepare you for the learning and assessment process. In addition, it is an opportunity for you to clarify your expectations and for **eta** to ensure that you understand their expectations.

2. Attend a workshop at your campus

Once you have familiarised yourself with the material and the specialisation's practices on your own, you will attend a workshop, usually over a weekend, with a teacher who is qualified and experienced in this specialisation. This workshop focuses on giving you a deeper understanding of your specialisation.

Studying the specialisation through Distance Learning

You do not attend classes - you need to follow the instructions and the learning process in your **eta** Study Guide.

All students do the following

1. Learn and practice what you have learnt

Follow the study guide, gather evidence and immerse yourself as a participant in your specialisation's practices by following the study guide and using your manual.

2. Submit your portfolio of evidence

You need to submit your completed tasks for summative assessment. Following your submission, you will receive written assessment feedback and results.



leading sport and fitness education

Nutrition for performance

To register: Complete the **eta** registration form for specialisations. You can also go to the website www.exerciseacademy.com and click on the **short course** button on the home page.

Accreditation: For details of **eta** accreditation check on the **eta** website: www.exerciseacademy.com