

The **eta** has developed a range of exciting specialisation courses to empower and enable their students with workplace skills so that they can function effectively in existing and new working environments. The courses are available as modular programmes taught at **eta** campuses or as distance learning programmes.



Benefits of doing this short course

This short course on **nutrition for performance** will enable you to add a valuable qualification to your current competencies if you are a qualified fitness practitioner or sport coach. If you are not fully qualified, completing this course is a great start to your path in the sport and fitness industry; or it can simply add value to that hobby you love.

The learning programme

You will learn about the importance of nutrition for a healthy lifestyle and weight management. These are pre-conditions to understanding the role of nutrition for performance. You will be taught a variety of subjects that include understanding eating disorders in the context of sport performance, food supplements and ergogenic aids. The course concludes with learning how to use a consulting model to identify client needs and solutions. Subjects include:

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

You receive the following:

Course manual and file with study guide and evidence portfolio

Learning and assessment process

The course is based on sound education and training principles; combining theoretical and practical education. In your programme, you will be provided with instructions for your basic

learning process along with self assessments to monitor your progress. Learning activities and assessment tasks are included. At the end of your learning process you will be required to submit a knowledge test and evidence from relevant case studies.

Certification: On successful completion of the assessment criteria, you will receive a *certificate in nutrition for performance*.

Duration: The programme is based on 260 notional hours (150 of these are allocated to exercise science) .This means it should take you 260 hours to complete successfully. An experienced practitioner or a student currently studying with **eta** will take less time as they already know aspects of the programme and may be using the programme as a refresher or as a means to obtain an additional qualification.

Categories of candidates

1. **Fitness or Coaching Science:** these are candidates who are currently studying or have completed a national qualification in Fitness or Coaching Science. These candidates are exempt from the introductory exercise science module. On achieving the prescribed assessment criteria for the specialisation, they will receive a module certificate.
2. **Bridging:** these are experienced people, working in the sport or fitness industry that may not have a formal qualification. If they wish to qualify in their specialisation, they must achieve the assessment criteria of exercise science as well as their specialisation. On successful achievement of the assessment criteria, they will receive a certificate.
3. **Hobbyist:** these are people who are seeking knowledge or self-improvement. These candidates are not assessed and do *not* receive a certificate. However, if they wish to qualify, they need to complete the exercise science section of the course as well. Assessment then includes exercise science and the specialisation. On achieving all of the prescribed assessment criteria, they will receive a module certificate.

Assessment: Assessment cost is included for category 1 candidates. For candidates in category 2 or 3, assessment of the exercise science section is extra.

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

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