

## ISA Foundations of Nutrition Course



Healthy eating can impact our lives greatly so is important to have a good understanding on what you place in your bodies. This foundational course will help you understand the types of nutrition and, how much and where to get these nutrients packed into your daily intake. This course is also suitable for anyone who wishes to gain foundational information on nutrition in general and eat for health!

<b>Course Duration</b>	7 hours over 1 day (Sat), 9am – 5pm
<b>Course Date</b>	14 Jan 2023
<b>Course Fees</b>	\$240.00
<b>Registration Deadline</b>	9 Jan 2023

# ISA Foundations of Nutrition Course

## Course Synopsis

This course provides an introduction to nutrition- its functions, sources, requirements at different life stages, and the possible detriments of not having a diet suited for your body.

## Learning Objectives

- To identify the functions, sources and requirements of macronutrients and micronutrients.
- To explain the importance of eating sufficient amounts of nutrients at each life stage.

## Assessment

**ISA Theory Assessment** – 70% to pass

30 MCQs in 1 hour

21 Jan 2023, 10am - 11.00am

(Note: Re-examination will be at a charge of \$53.50, including GST)

## Award

Upon Completion of the course, each participant will be awarded

**Certificate of Completion for ISA Foundations of Nutrition Course**

## Venue

**International Sports Academy**

1 Stadium Place, Kallang Wall Mall, #01-11

Singapore 397628

(opposite beach volleyball courts)

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## Content

### Introduction

- Normal vs Athlete Requirement
- Factors affecting Food Choices
- Digestion and Absorption Process of Nutrients

### Macronutrients

- Energy
- Carbohydrates
- Fats
- Proteins

### Micronutrients

- Fat-Soluble Vitamins
- Water-Soluble Vitamins
- Minerals
- Water

### Nutrition throughout the Lifecycle

- Infants and Children
- Adolescents
- Elderly
- Pregnancy and Lactation

### Nutrition Guidelines

- Dietary Guidelines
- My Healthy Plate
- Healthy Eating Initiatives
- Nutrition Labelling

**Note:** During the course, there will be practical and class activities to help reinforce these concepts and to see the relevance in our everyday lives.