

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!

Course Duration	7 hours over 1 day (Sat), 9am – 5pm
Course Date	11 Feb 2023
Course Fees	\$240.00
Registration Deadline	6 Feb 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

18 Feb 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.