

## ISA Nutrition for Performance Course



This course is suitable for active athletes, coaches and trainers of all levels who wishes to gain knowledge on how to use nutrition as a tool for performance. The requirements of an athlete differ from the general public and we'll look into the requirements of the different categories of athletes and purpose. Fad diets are common these days but do you know the science behind it? Let us debunk that with you during this course.

<b>Course Duration</b>	7 hours over 1 day (Sat), 9am – 5pm
<b>Course Date</b>	25 Mar 2023
<b>Course Fees</b>	\$340.00
<b>Registration Deadline</b>	20 Mar 2023

## ISA Nutrition for Performance Course

### Entry Requirement

- Completed ISA Foundations of Nutrition Course  
OR
- Certified Personal Trainer/Coach<sup>^</sup> (ACE, NSCA, CoachSG or equivalent),  
AND
- Pass the ISA Nutrition Admission Test (conducted online)

### Course Synopsis

This course presents nutrition concepts that will enable fitness professionals to provide practical and useful tips to their clients while staying within the boundaries of their scope of practice. It is also for athletes to better their knowledge to improve their performance.

### Learning Objectives

- To select the appropriate ergogenic aids for the exercise/sport
- To examine a person's current nutrition status
- To recognise possible eating disorders, and guide them to the appropriate health professionals
- To design a meal plan

### Assessment

**ISA Theory Assessment – 70% to pass**  
30 MCQs in 1 hour  
1 Apr 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 Nutrition for Performance Course**

### Venue

**International Sports Academy**  
1 Stadium Place, Kallang Wall Mall, #01-11  
Singapore 397628  
(opposite beach volleyball courts)

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## Content

### Diets

- Common Diets
- Debunking Types of Diets
- Vegetarian Diets

### Ergogenic Aids

- What are Ergogenic Aids
- Categories of Ergogenic Aids
- Drug Testing
- Illegal Ergogenic Aids
- Legal Ergogenic Aids

### Nutrition for Athletes

- Nutrition for Endurance Athletes
- Nutrition for Strength Athletes
- Weight Loss for Strength Athletes
- Nutrition for Power Athletes
- Nutrition for Vegetarian Athletes

### Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Female Athlete Triad

### Nutrition Coaching and Meal Planning

- Evaluation of Nutrition Status
- Anthropometric Measurements
- Body Types
- Dietary Assessment
- Biochemical Assessment
- Functional and Clinical Status
- Setting SMART Goals
- Stages of Change Cycle
- Healthy Cooking Methods
- Calorie Calculation
- Meal Planning
- Recipe Replacement

**Note:** During the course, there will be practical and class activities to help reinforce these concepts and to see the relevance in your athletic life.