

ISA Foundations of Nutrition Course



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

Course Duration	7 hours over 1 day (Sat), 9am – 5pm
Course Date	11 May 2024
Course Fees	\$240.00
Registration Deadline	6 May 2024

ISA Foundations of Nutrition Course

Continuing Education Credits (if applicable)

- 5 CoachSG CCE Hours awarded upon completion
- 0.7 ACE CECs awarded upon completion

Grants Available (T&Cs apply)

- SkillsFuture Credits: For Singaporeans 25 years old and above with minimum 75% attendance rate
- UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 old, and \$500.00/year for members 40 years and above

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 suitable 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
 (Conducted via an online link provided on day of test)
 30 MCQs in 1 hour
 18 May 2024, 10am - 11am
 (Note: Re-examination will be charged \$53.50)

Award

Upon completion of the course, each participant will be awarded a **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 Requirements
- 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.