

## 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!

<b>Course Duration</b>	7 hours over 1 day (Sat), 9am – 5pm
<b>Course Date</b>	6 Jul 2024
<b>Course Fees</b>	\$240.00
<b>Registration Deadline</b>	1 Jul 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  
13 Jul 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)

# ISA Foundations of Nutrition Course

## 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.