

# ***NSCA Global Chapter Singapore Fitness Nutrition Coach Course***

**Members' price  
available  
(All courses apply)**

Are you dedicated to maximizing athletic performance? The NSCA Global Chapter Singapore Fitness Nutrition Coach Course offers you the opportunity to be trained in sports nutrition. This intensive one-day program equips you with the essential knowledge and practical skills to optimize athlete performance through evidence-based nutritional strategies. From comprehending energy balance to designing meal plans, you will develop the expertise to empower athletes to reach their full potential. Whether you are a personal trainer, strength and conditioning coach, or aspiring sports nutritionist, this course provides the foundation for a successful career in enhancing athletic achievement.



## **Course Duration**

**8 hours over 1 day**



## **Course Dates (Next Intake)**

**28 Dec 2024 (Sat)**



## **Course Fees**

**\$276.50  
(Member price)\*  
\$395.00  
(Public price)**



## **Registration Deadline**

**21 Dec 2024  
1800HRS**

**\*You can register for membership on our website ([nscasingapore.org](https://nscasingapore.org)) prior to registering or concurrently  
You must be a member at the point of registration of the course to enjoy the member price.**



## **NSCA FNC**



### **COURSE SYNOPSIS**

The NSCA Global Chapter Singapore Fitness Nutrition Coach Course is an intensive one-day program designed to equip fitness professionals with the knowledge and skills to optimize athlete performance through proper nutrition. The course covers the fundamentals of sports nutrition, including macronutrients, micronutrients, hydration, and weight management. Participants will learn how to assess nutritional needs, develop personalized meal plans, and educate athletes on healthy eating habits. Practical application is emphasized through case studies and hands-on exercises.



### **COURSE OBJECTIVES**

Upon successful completion of the course, the participants will be able to:

- Understand the fundamental principles of energy balance and macronutrient distribution for athletes.
- Assess an athlete's nutritional needs based on their sport, training goals, and body composition.
- Develop and implement personalized nutrition plans tailored to individual athletes.
- Educate athletes on the importance of proper nutrition for optimal performance and recovery.
- Utilize evidence-based research to make informed nutrition recommendations.
- Identify and address common nutritional challenges faced by athletes.
- Adhere to ethical standards and professional conduct in sports nutrition.



# NSCA FNC



## MATERIALS YOU WILL RECEIVE

**NSCA GC SG Fitness Nutrition Coach Notes**



## VENUE

**International Sports Academy**

1 Stadium Place, Kallang Wave Mall, #01-11, Singapore 397628 (opposite beach volleyball courts)



## AWARD

Upon completion of the course, each participant will be awarded **NSCA Global Chapter Singapore Sports Nutrition Coach Certification**



## ASSESSMENT

**Theory assessment**







## Course Schedule

### 9AM - 1PM

#### Introduction and Overview

- Welcome and Course introduction
- The role of sports nutrition in athletic performance

#### Foundations of Sports Nutrition

Energy balance and macronutrients (carbohydrates, fats, protein)

- The role of macronutrients in energy production, metabolism, and athletic performance
- Research on carbohydrate periodisation and protein requirements for different athletes

Micronutrients (Vitamins and Minerals)

-Essential vitamins and minerals for athletes and their impact on health and performance

-Potential deficiencies and strategies to ensure optimal intake

#### Water, electrolytes, and fluid balance

- Importance of hydration for athletic performance
- Functions of electrolytes and their role in fluid balance
- Fluid replacement strategies before, during, and after exercise

### 2PM - 6PM

#### Nutrition for Training and Competition

Pre-competition, competition day, and post-competition nutrition

- Pre-competition meal plans to optimize glycogen stores and energy availability
- Competition day fuelling strategies to maintain performance throughout the event
- Post-competition recovery plans to replenish glycogen stores and promote muscle repair

Introduction to ergogenic aids and supplements

- Efficacy and safety of popular ergogenic aids
- Evidence-based research on supplements

#### Practical Applications

- Dietary assessment techniques
- Dietary assessment methods (e.g., food diaries, recalls, and weighed food records)
- Collecting and analysing dietary intake data

Designing meal plans

- Creating individualized meal plans that consider individual's needs, preferences, and goals
- Guidance on portion control, macronutrient distribution, and meal timing

Strategies for behaviour change and client education

- Effective behaviour change strategies to promote healthy eating habits in clients
- Motivational interviewing techniques and communication skills to enhance client education

Case studies: applying nutrition to specific sports





## Course Schedule

9AM - 1PM	2PM - 6PM
<b>Nutrition for Training and Competition</b> <ul style="list-style-type: none"> <li>Nutritional needs for different training phases</li> <li>Nutritional demands for different training phases (off-season, pre-season, in-season)</li> <li>Recommendations for macronutrient intake based on training intensity and volume</li> </ul>	<b>Professional Practice and Conclusion</b> Ethical considerations in sports nutrition <ul style="list-style-type: none"> <li>Ethical obligations of sports nutrition coaches (e.g., confidentiality, informed consent, conflicts of interest)</li> <li>Building trust and maintaining professional relationships with clients</li> </ul> Communication skills for effective client interaction  Resources for sports nutrition coaches  <b>Course Review and Conclusion</b> <ul style="list-style-type: none"> <li>Key course concepts and learnings</li> <li>FAQ</li> </ul>





## ***Authorised Education Partners***

*The following organisations are authorised to administer  
NSCA Global Chapter Singapore programs*



**INTERNATIONAL  
SPORTS  
ACADEMY**



**INTERNATIONAL  
MANAGEMENT &  
SPORTS COLLEGE**