

Sports and Fitness Nutrition

Specialist Program

Approved Program



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Certificate in Sports and Fitness Nutrition Specialist Program (CSFNS)

Sports and Fitness Nutrition Program is designed for students wishing to pursue a career in the Sports and Fitness Nutrition industry. Any individual within the United States of America or international (outside the USA) that would like to obtain a certificate in sports and fitness nutrition can enroll in this program. In this Sports and Fitness Nutrition Program the following topics will be covered: Sports and Nutrition, Energy, Exercise, Carbohydrates, Proteins, Fats, Electrolytes, Water, Vitamin, Minerals, Planning Diet, Human Body Composition, Eating Disorder and various Patterns of Exercise, Lifelong maintenance with diet and exercise. This is a self-paced course, this means that you can complete this certificate program at your learning pace within the allotted program duration access.

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PROGRAM OUTLINE:

- Lesson 1: Sports and Nutrition
- Lesson 2: Energy
- Lesson 3: Exercise
- Lesson 4: Carbohydrates
- Lesson 5: Proteins
- Lesson 6: Fats
- Lesson 7: Electrolytes and Water
- Lesson 8: Vitamins
- Lesson 9: Minerals
- Lesson 10: Planning Diet with Food and Supplements
- Lesson 11: Composition of Human Body
- Lesson 12: Eating Disorder and Various Patterns of Exercise
- Lesson 13: Lifelong maintenance with Diet and Exercise

Pace: Self-Paced

Duration: 2-4 Months (8-16 Weeks)

Delivery Method: Online

ACHIVEMENT & DIGITAL BADGE:



Certificate in Sports and Fitness Nutrition Specialist Program (CSFNS)
&



Digital Badge for Certificate in Sports and Fitness Nutrition Specialist Program (CSFNS)