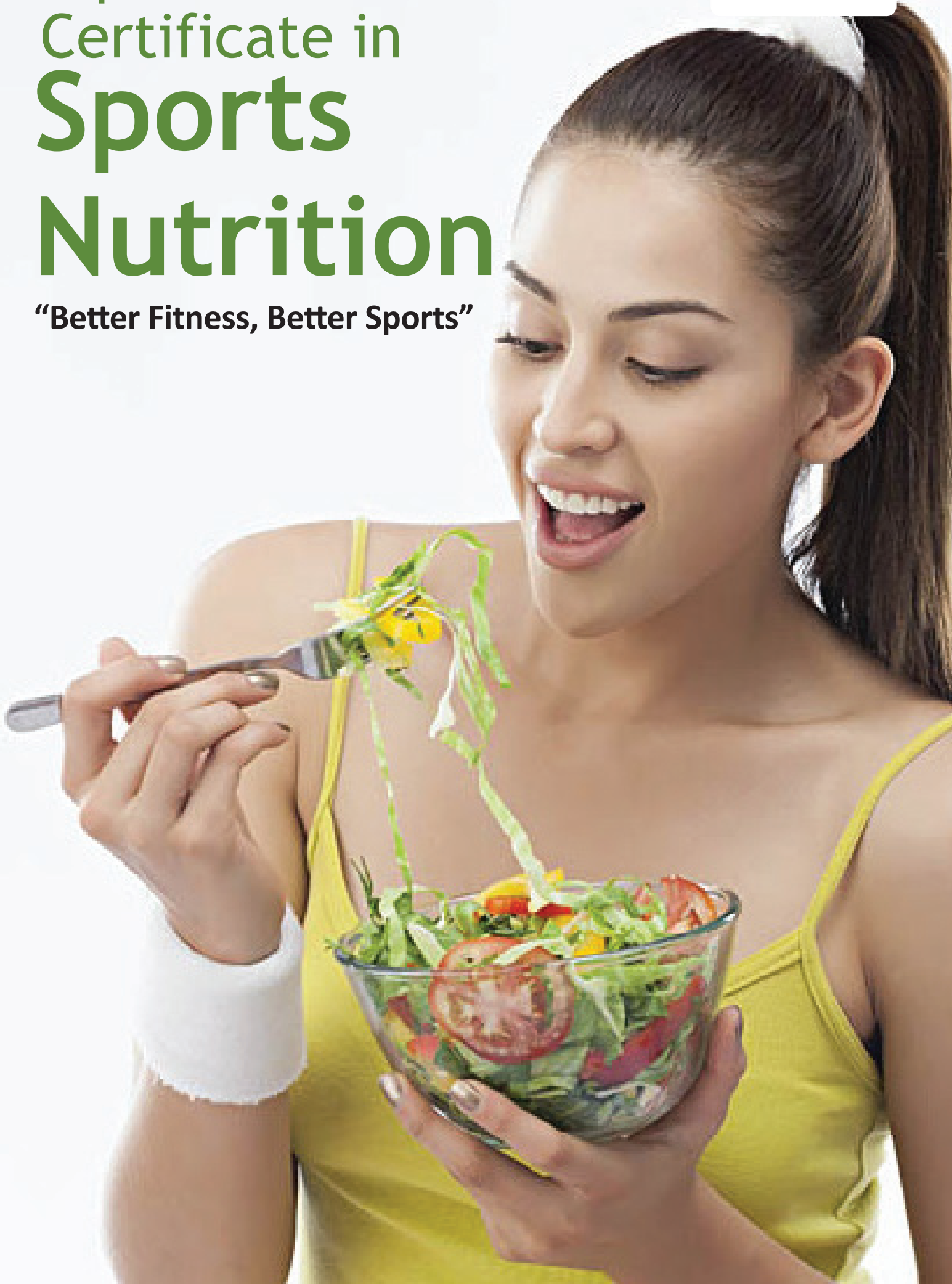


# Diploma Certificate in Sports Nutrition

**“Better Fitness, Better Sports”**

**DISCOVER**  
Wellness Pvt. Ltd.



# Diploma Certificate in Sports Nutrition

Sports are high energy activities and a sportsman requires more calories than an average person. For sportsmen, nutrition is very important as it directly impacts their performance. A sports nutritionist helps by prescribing right diet to enhance performance and fitness.

## Course Objective

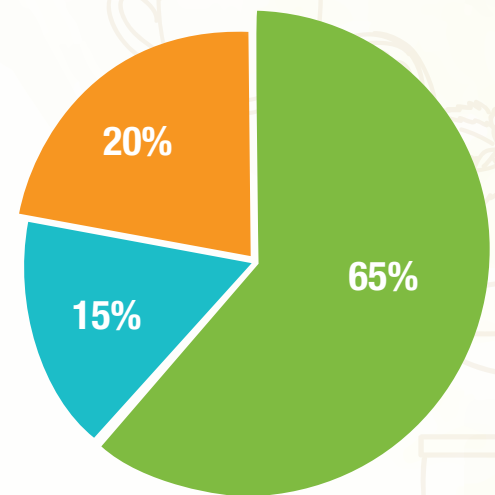
Discover Wellness Sports Nutrition course aims to develop nutritionists who want to work exclusively in this domain. You are trained to create right nutrition plan for individuals depending on their training and performance needs. You learn to assess an individual's diet, training, lifestyle, and supplements taken to create the best nutrition approach for their long and short-term goals.

## Course Ideally Suited For

- 01** Individuals / Fitness Instructors / Nutritionists who want to grow in sports nutrition turf
- 02** Individuals looking for full time / part time career at fitness centers or sports academies
- 03** Professionals who want to upgrade their skills

## Key Areas of This course

- Introduction to Fitness, Sports Nutrition Fitness Goal
- Metabolism & Body Composition Assessment
- Body Composition, BMR, Muscle-Increase Approach
- Introduction to Carbohydrates, Fats, Vitamins & Minerals
- Calorie Intake Calculation
- Pre/ post Workout Diet
- Diet Planning and Techniques of Dietary Counseling



You can start your career as :

- Sport nutrition for a sports person
- Sport nutritionist for a team of players
- Gym nutritionist

## Part 1

### Introduction to Sports Nutrition

- Basics of nutrition and Special requirements of sports person

Theory

## Part 2

### Anatomy

- Introduction to Basic Cell Structure, Functions and Basic Anatomy of Systems of the Body.

Theory

## Part 3

### Exercise

- Exercise physiology, Energy requirements, and Nutrition for sports person.

Theory

## Part 4

### Nutrients

- Introduction to Carbohydrates, Proteins and Fats.

Theory

## Part 5

### Menu Designing

- Menu planning for endurance training, muscle building, stamina enhancement etc.

Theory (Comprehensive)  
Diet Plan Practical

## Part 6

### Supplements & Legal aspects

- Doping, Ergogenic aids, nutrition supplements and legal aspect.

Theory

# Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books, DVD



Offline learning through Interactive Training videos for hassle-free, self-paced learning



A life time support to students through email & off-line chats

Discover Wellness is a center for nurturing skills in the field of weight management, massage therapy, dietetics & nutrition, wellness center management and development of wellness coaches. Our courses are designed to provide professional training and employment prospects to individuals for one of the fastest growing industry in the world – Health & Wellness.



### Nutrition & Dietetics

MINDFUL EATING

**Discover Wellness Nutrition and Dietetics** Course is an amalgamation of traditional and contemporary food science, developed after a thorough research. It offers the right knowledge of diet, and nutrition, and its usage for therapeutical or general health purposes.



### Acupressure

DEEP HEALING

Acupressure is nature's own health science based on the concept of life energy which flows through "meridians" in the body. **Discover Wellness Acupressure** Course will dispel the mystery of this ancient science and art, explaining in clear and easy terms its origins, theory and practice.



### Obesity Control & Weight Management

BLISSFUL BODY

**Discover Wellness Obesity Control and Weight Management** is a one-off course that enables you to lead the clients to a successful long-term weight management. This comprehensive course also prepares you to start your own Weight Management Center.



### Practical Massage Therapy

AGELESS KNOWLEDGE

**Discover Wellness Practical Massage Therapy** is the only comprehensive training program that provides hands-on training on widely followed massage practices in the world. India is the fastest growing spa market in the world and a certified massage therapist is hugely sought after to meet the demand created in this segment.



### Wellness Coach

CONSTRUCTIVE ATTITUDE

A Certified Wellness Coach is a unique profession fast catching up with the demands of the health-conscious masses. **Discover Wellness - Wellness Coach** Course trains you to help your client attain a fit body, healthy lifestyle and positive attitude.



### Wellness Center Management

MANAGE & GROW

The health and wellness management centers today strive to provide maximum services under one roof. **Discover Wellness-Wellness Center Management** Course gives you the right credentials to run a weight loss center, wellness center, or spa as an employee or an entrepreneur.

**DISCOVER**  
Wellness Pvt. Ltd.

## Discover Wellness Pvt Ltd

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