

This exciting new course at the *Irish Institute of Nutrition & Health* (IINH) is packed with practical information, instruction and insights. It is designed for personal trainers, coaches and other health and fitness professionals and enthusiasts keen to explore personalised nutrition approaches for themselves or their clients.

✓ <https://www.iinh.net/sports-nutrition-weight-control-performance>

Moving beyond the era of simply counting calories and macros, functional sports nutrition addresses dysfunctions, deficiencies and imbalances mainly through individually tailored adjustments to food and lifestyle. The aim is to achieve optimal health, function, body weight & composition, and performance using a personalised approach that supports the individual's unique mix of goals, health and performance needs, circumstances and preferences.

As we see 'one-size-fits-all' rapidly giving way to more effective bespoke approaches in weight control and sports performance, fitness enthusiasts and professionals are keen to update and enhance their understanding and practice.

What is Sports Nutrition for Weight Control & Performance?

The programme provides the understanding and practical skills training needed to inform and coach active individuals to adopt wholefoods-based eating plans tailored for their unique individual needs and goals. Participants will gain understanding and practical training in vital aspects of healthy eating and lifestyle to optimise their own and others' health.

Who is this course for?

- **Sports & Fitness Enthusiasts**
- **Personal Trainers**
- **Sports Coaches**
- **Bodybuilders**
- **Anyone into Smart Weight/Fat Loss & Optimal Health**

What does this course enable you to do?

This course is ideal for those who want the best results from their training, in terms of weight/fat loss, performance and overall wellness. The cutting-edge information and practical skills training provided will enable anyone into sports and fitness to help themselves or their clients optimise the power of wholesome food and sensible hydration to achieve their weight/fat or performance goals and strengthen their health.

For personal trainers and coaches, completing this sports nutrition course will enable you to devise safe, effective and do-able personalised nutrition programmes. You will learn to ask clients the right questions, identify and address their unique key issues, create workable eating and lifestyle plans, and then guide and motivate them to success over the following weeks and months.

Key Facts

Course duration: **5 weeks, part-time.**

Next Course: Feb 4 – Mar 11, 2018

- **Class Day 1** – Sun Feb 4, 9.30 – 5 pm
- **Class Day 2** – Sun Feb 11, 9.30 – 5 pm
- **Tutorial 1** – Tues Feb 13, 7 – 9 pm
- **Danny Lennon Webinar** – Tues Feb 20, 7 - 9 pm
- **Tutorial 2** – Tues Feb 27, 7 – 9 pm
- **Tutorial 3** – Tues Mar 6, 7 – 9 pm
- **Class Day 3** – Sun Mar 11, 9.30 – 5 pm

Delivery format (unit details below):

- Three full weekend days of classroom presentations and activities, including:
 - ✓ Live Metabolic Testing – free for all attendees! (class days 1 & 2)
 - ✓ VO₂ max Testing demo
 - ✓ In depth discussion of Test results
 - ✓ Food Labelling Workshop (day 2 PM)
 - ✓ Case studies presented and discussed
- Extra course materials released via online platform between Days 1 and 2.
- Three midweek tutorials (2 hrs duration, times TBA)
- Online interactive webinar (with Danny Lennon)

Note: All sessions, including tutorials and webinar, will be audio recorded in full for those unable to attend, and for revision. The webinar will also be video recorded.

Each unit is designed to deliver personalised nutrition and coaching concepts in an easy to understand format. The main purpose of this course is to equip participants with sufficient knowledge, skills and practical tools to help themselves and/or clients adopt safe, appropriate and effective personalised nutrition programmes to support overall health, successful weight/fat loss & sports performance - and make them stick!

Unit 1. Nutrition in Sports & Health, Food Groups, Nutrients

Unit 2. Digestion, Healthy Microbiome

Unit 3. Personalised Nutrition Coaching

Unit 4. Nutrition Myths, Dogmas and Developments

Unit 5. Reading Food Labels for Smarter Choices

Unit 6. Protein in Weight Control and Sports

Unit 7. Lifestyle Habits, Stress and Sleep

Unit 8. Tools for Fitness, Monitoring and Coaching

Unit 9. Case Studies

Time Commitment:

Estimated 3-6 hours of study per week (including attending or downloading classroom sessions, home study, reading)

Additional Support:

- Classroom days 1 & 2 will be followed up with 3 online, interactive tutorials (all recorded for later listening).
- Day 1 includes Metabolic Testing during the day, plus VO₂ Max demo
- Day 2 is mainly practical: Food Labelling Workshop, remaining Metabolic Tests
- Participants are encouraged to bring to class (or tutorial) any client case examples for discussion
- Presentation and discussion of a range of health-, fitness- and weight monitoring tools and techniques, as well as coaching and meal tracking tools useful in practice
- Private Facebook group with daily support and interaction
- Online platform with all content - handouts, audio recordings (all sessions) and videos (some sessions) - available to all participants.

Tutors & Guest Speaker:

Richard Burton, IINH founder and director, is a nutritionist (BSc Hons) with over 40 years experience in creating personalised nutrition plans for clients with a wide spectrum of health and fitness goals. Richard will help any participants who have questions relating to their own or clients' health & fitness issues.

Lyda Borgsteijn, Owner and founder of *The Primal Rabbit*, co-owner *CrossFit Solas*, Certified Nutritional Therapist, Coach and Speaker. Lyda specialises in paleo nutrition, blood sugar regulation, digestive health and energy balance and works with fitness enthusiasts and athletes on diet analysis, planning, implementing and monitoring specific nutrition programmes and supplement protocols tailored to their sport and individual needs. Current and past clients include triathletes, ironmen, indoor football, rowing and CrossFit competitors.

Sean Kinane, experienced gym instructor, personal trainer, qualified Nutrition & Health Coach and Nutritional Therapy student. Sean's company *Health Matters* specialises in fitness testing, performance enhancement and other health-related programmes. He will demonstrate metabolic Testing (Day 1) and VO₂ Testing (Day 2) in class, with attendees as volunteers. Sean also lectures on ITEC and ASCM fitness courses, delivers a Health and Fitness module with SOLAS and has developed a Schools Health Education and Awareness Programme, currently in operation in primary schools across Dublin. He also teaches part of the Endurance module at Setanta College.

Danny Lennon, our well-known guest speaker, will deliver an interactive online talk - *Protein Dose/Distribution for Maximizing Hypertrophy*. Danny has a master's degree (MSc) in Nutritional Sciences from University College Cork. He works as a performance nutritionist to professional MMA fighters, professional boxers and competitive power lifters. He consults for several teams across a number of sports. He also has an online coaching service that serves a wide range of clients with nutrition-related issues.

Sports Nutrition Course Fee: €495

To Book: Please call the IINH office: 01 272 3003.