

This exciting course at IINH is packed with practical information, instruction and insights. It is designed for personal trainers, coaches and other health & fitness professionals as well as enthusiasts keen to explore personalised nutrition approaches for themselves and/or their clients.

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 practical skills.

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 effective 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: 6 weeks, part-time

Next Course:

Starting on Friday, March 6th with first content released on March 7th. The course will complete on April 27th.

Delivery format (unit details below):

- 8 Livestreamed lectures, see dates & times below.
- 3 Livestreamed tutorials, see dates & times below.
- A practical day with classroom presentations and activities, including:
 - ✓ Delving into metabolism: Energy systems, Metabolic pathways
 - ✓ Live RMR Metabolic Testing
 - ✓ Live VO₂ max Testing demo
 - ✓ In depth discussion of test results
 - ✓ Connecting Nutrition & Fitness: Food is Fuel
- All course materials released via online platform.

Note: All sessions, including lectures, tutorials and webinar, will be audio and/or video recorded for revision and for those unable to attend.

Lecture dates	09/03/2020 & 11/03/2020 17/03/2020 24/03/2020 & 26/03/2020 01/04/2020 15/04/2020 & 17/04/2020	7.00-8.30pm 7.00-8.30pm 7.00-8.30pm 7.00-8.30pm 7.00-8.30pm
Tutorial dates	19/03/2020 03/04/2020 22/04/2020	7.00-8.30pm 7.00-8.30pm 7.00-8.30pm
Practical day	28/03/2020	10.00am-4.00pm

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, effective 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. Lifestyle Habits, Stress and Sleep

Unit 7. Metabolism, Tools for Fitness, Monitoring and Coaching (*Practical Day*)

Unit 8. Case Studies (*Practical Day*)

Time Commitment:

Estimated 3-6 hours of study per week (including joining online tutorials, home study and reading)

Tutors & Guest Speaker:

Lyda Borgsteijn, 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 players, rowers and CrossFit competitors.

Ian Madden has been coaching and competitively training in CrossFit for 11+ years. Having worked in four different CrossFit gyms in Ireland and Canada, he now heads up CrossFit Solas in Greystones. As a student of neuromuscular physical therapy, Ian's interests have always centred around movement and functional fitness. Today, he works with clients of all ages and fitness as well as with larger corporate programs focused on health and wellbeing.

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 and VO₂ Testing (Practical Day) 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. Seán has also devised and delivers a section of the Endurance module with Dr. Liam Hennessy in Setanta College.

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.

Sports Nutrition Course Fee: €495

To Book: Use the payment button on <https://www.iinh.net/sports-nutrition-weight-control-performance/>

For further information, call 00353 (0) 1 272 3003.