



SPORTS NUTRITION TO FUEL PERFORMANCE

**WORLD LEADING.
LIFE CHANGING.**

WWW.IINH.NET



SPORTS NUTRITION TO FUEL PERFORMANCE

This exciting sports nutrition course 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.

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 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. You will gain understanding and practical training in vital aspects of healthy eating and lifestyle to optimise your own and others' health.



Course Length

Course content is accessible for 6 months.

Estimated 3-6 hours of study per unit.



Delivery

Delivery is fully online:

- Prerecorded lecture videos with accompanying notes and handouts.
- All the course content in comprehensive downloadable handouts to keep.



Course Cost: €349



Awards

IINH Certificate of Completion.

SPORTS NUTRITION TO FUEL PERFORMANCE

WHO IS THIS SPORTS NUTRITION COURSE FOR?

- Sports & Fitness Enthusiasts
- Personal Trainers
- Sports Coaches
- Bodybuilders
- Anyone looking to optimise their training and/or learn different approaches to fueling their body for performance



WHAT DOES THIS COURSE ENABLE YOU TO DO?

This course is ideal for those who want the best results from their training whether it be aesthetic, performance, injury prevention and/or overall wellness. The cutting-edge information and practical skills training provided will enable anyone interested in 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 plans. Combining bespoke training for weight-loss/performance with a personalised nutrition and lifestyle plan vastly improves client outcomes and satisfaction. 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.



COURSE CREATORS

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

Ian 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

Sean is an experienced gym instructor, personal trainer, qualified Nutrition & Health Coach and Nutritional Therapist. His company Health Matters specialises in fitness testing, performance enhancement and other health-related programmes.

He will demonstrate metabolic Testing and VO 2 Testing. 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.





COURSE OUTLINE

Each unit will deliver key elements of nutrition and lifestyle 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 their clients adopt safe, appropriate and effective personalised nutrition programmes to support successful weight/fat loss and sports performance – and make them stick!

MODULE 1 - MACRONUTRIENTS

What is protein?

- The amino acids
 - Functions of protein
 - Protein Digestion/turnover
 - Amino Acid Metabolism
 - Relevance of Protein in sport and exercise
 - How much protein do we need?
 - Exercise and Amino acid requirements for different populations
 - Is too much protein harmful?
 - Diet Considerations & Protein
 - Is There an Optimal Diet for Human Health?
- Topics related to protein

What are carbohydrates?

- Simple vs Complex carbohydrates
 - Fibre
 - Functions of Carbohydrates
 - Carbohydrate Digestion
 - Carbohydrate Metabolism
 - Insulin - the myth of the sugar rush
 - Relevance of carbohydrate for sport & exercise
 - Diet Considerations & Carbohydrates
 - Is There an Optimal Diet for Human Health?
- Let's look at carbohydrates

What are lipids?

- Function of fat
- Fatty Acids
- Essential Fatty Acids
- Triglycerides
- Cholesterol
- Declining oil quality – refined oils from seeds
- Dietary Fat Digestion (and absorption)
- Triglyceride metabolism
- Diet Considerations & Fat
- Low carb & ketogenic diets

COURSE OUTLINE

MODULE 2 - MICRONUTRIENTS

Vitamins

- What are vitamins
- Water soluble vitamins
- Fat soluble vitamins
- Is There an Optimal Diet for Human Health? Nutrient Considerations.
- Further Resources

Phytonutrients

- What are phytonutrients
- Free Radicals
- Antioxidants
- Is There an Optimal Diet for Human Health?
- Further Resources

Minerals

- What are minerals
- The Macro-minerals
- The Micro-minerals
- Is There an Optimal Diet for Human Health?
- Further Resources

Hydration & Electrolytes

- Estimating Hydration Needs
- What are electrolytes?
- How do I hydrate?

MODULE 3 - DIGESTION

- Introduction to the digestive system
- Upper GI - Mouth, Pharynx, Oesophagus, Stomach
- Lower GI - Large Intestine, Small Intestine, Accessory Organs
- Control of the gut - Nervous system control of the gut, Hormonal control of the gut

- Gut flora/Microbiome
- Microbiota v Microbiome
- Functions of probiotic bacteria
- How we acquire bacteria
- Probiotics for the athlete
- Caution with supplements

Case Study 1

MODULE 4 - ENERGY METABOLISM & FITNESS

- Energy sources; Where do we get energy from?
- The cell
- Introduction to some biochemical concepts
- Energy, ATP & Chemical Reactions
- Acids & Bases
- Carbohydrate/Fat Metabolism – Let's revisit
- Regulation of metabolism
- Hormones
- Allostatic Effectors
- Muscles – structure and function
- The Energy Systems

- Recap: where do we get energy from
- Regulation of metabolism – Impact of food and various organs
- Fast fed cycle
- Regulation of metabolism – Impact of exercise
- HIIT exercise
- Endurance exercise
- Energy Balance/Body composition
- Body weight change

Case Study 2

COURSE OUTLINE contd.

MODULE 5 - LABELING

Labelling

- Decoding food labels
- What is the order of ingredients?
- Food additives
- Nutrition information labels
- Nutrition & health claims
- Getting the most from nutrition labels
- Food labelling terms
- Common nutrition claims & labels

Introduction to Basic Supplementation

- Introduction
- Do you need to supplement?
- Important nutrients for athletes
- Multivits & Fish oils
- Protein powder
- It is good to take?
- How much to take?
- When to take?
- Greens & Probiotics
- More sport specific supplements
- Summary
- Bone support
- Sleep support
- Stress support
- Recovery support

MODULE 6 - LIFESTYLE; SLEEP, STRESS & RECOVERY

- Why do we sleep
- Quality vs Quantity
- Sleep deprivation
- Coaching for good sleep
- Stress
- Stress Response
- Coaching to manage stress
- Recovery

MODULE 7 - PUTTING KNOWLEDGE INTO PRACTICE

- Fuelling for Sport
- Working with Clients
- Preparation
- Data Collection
- Interpreting client information
- Practical application & adjustment - creating a diet plan
- Goals
- Beginner or advanced
- Dieting strategies

Case Study 3

BONUS SECTION

- Nutrition Myths
- Farm to Fork
- Case Study 4
- Recipe eBook

JOIN THE IINH COMMUNITY



**I'M READY TO TAKE
THE NEXT STEP**

**SPORTS NUTRITION TO FUEL
PERFORMANCE**

You can enrol online by clicking [here](#)
or contact our admissions team.

**I HAVE GOT A FEW
QUESTIONS**

**SPEAK TO A MEMBER OF OUR
ADMISSIONS TEAM**

Our knowledgeable Admissions Team
is here to answer your questions.
If you have any questions, we invite
you to contact us.

CONTACT US TODAY

IRISH ADMISSIONS TEAM



[Call +353899745321](tel:+353899745321)



[WhatsApp +353899745321](https://www.whatsapp.com/chat?phone=353899745321)



[Email admissions@iinh.net](mailto:admissions@iinh.net)

UK ADMISSIONS TEAM



[Call +447586185336](tel:+447586185336)



[WhatsApp +447586185336](https://www.whatsapp.com/chat?phone=447586185336)



[Email admissions@iinh.net](mailto:admissions@iinh.net)



IINH NUTRITION
& HEALTH

CONTACT US TODAY

VISIT: WWW.IINH.NET

EMAIL: ADMISSIONS@IINH.NET

