



## Sport Nutrition Level 1 Course

- The Sport Nutrition Level 1 Course was developed to educate athletes, coaches, trainers, volunteers, and the general public at large about the fundamental concepts of nutrition, and how those concepts can be utilized to improve athletic performance
- The 5 hour courses are taught by Sport Nutritionists & Registered Dietitians
- Cost: \$110.00 per participant
- Registration includes a Sport Nutrition Level 1 Workbook and handouts
- Upon completion of the course the participant will receive a Certificate of Achievement for Sport Nutrition
- Included in the cost of the course each participant will receive a membership to the Sport Medicine Council of Alberta. This will allow them to purchase any sport medicine supplies with a 20% discount for the next year

### SN Table of Contents

#### 1. Fueling the Athlete

- a. Calories
- b. Daily Caloric Requirement
- c. Eating Well with Canada's Food Guide
- d. Serving Sizes
- e. Functions & Sources of Carbohydrates, Fibre, Fats, Protein, Vitamins, and Minerals

#### 2. Hydrating the Athlete

- a. Water
- b. Dehydration
- c. Sports Drinks
- d. Energy Drinks
- e. Sweat
- f. Muscle Cramps

#### 3. Competition Nutrition

- a. Competition Fluid Schedule
- b. Sweat Rates
- c. Pre-Event Eating
- d. Eating During and Event
- e. Post-Event Eating
- f. Competition Food Summary

#### 4. Healthy Body Weights

- a. What is a Healthy Weight?
- b. Healthy Weight Loss
- c. Gaining Muscle Mass
- d. Snacks for Weight Loss & Gain
- e. Eating Disorders