

## SYLLABUS

### Sports Nutrition Workshop Certificate (SNW C)

**Brief Description:** Nutritional advice is not the role of fitness trainer but they need a basic knowledge and do and don'ts of Sports nutrition for the safety of their clients and as well as for himself. Many trainers fail in the trap of an authorised storage of substances and punished. This course will educate fitness trainers about the basic concept of nutrition and use of sports nutrition according to the act of law

**Minimum age:** 18 Years and above

**Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

**Duration of course:** Not less than 15 hrs

Course Fees	Rs 3000/- ( Three Thousand)
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**Job Role:** Sports coach, Gym trainer, Fitness Trainer, Fitness trainer role in all sports and game.

**Requirement/ Eligibility:** For admission in the course it is suggested/desired that the candidate should have passed 10<sup>th</sup> standard/ Secondary School Certification from a recognized board or equivalent, with two years of working experience.

**Opportunities:** Sporting club, Sports academy, Health club

- **Nutrients an Overview:** Macronutrients, Micronutrients
- **Digestion and Absorption:** Digestive procedure is Mouth, Esophagus, Stomach, Small Intestine, Large Intestine and Rectum, Pancreas, Liver and Gall Bladder, Hunger Pangs, Digestive Supplements AIDS, Fibber and Digestion.
- **Body Composition and Metabolism:** Body composition assessment, Overview of metabolism, metabolic set point, Food and Metabolism, Environment and Metabolism, Exercise and Metabolic responses, Glycogen depletion and Metabolism of Fatigue, Motoring yourMetabilism.
- **What is sports Nutrition:** Definition of Sports Nutrition .How nutrition improves performance , About the RDs, ODs, PDIs, Understanding Food and Supplement labels, New food labelling regulation in India, FASSI, Food Versus Supplements, Why take supplements, major categories of sports supplements,
- **Nutritional ergogenic aids:** Five ergogenic aids, Most common ergogenic aids, Benefit of ergogenic aids,
- **Know the limits :** WADA,NADA,FASSI, MOU between FASSI and MYAS, Anabolic steroid Act in India, Anabolic steroid and its side effects