



**Certificate in Performance Nutrition
Course Modules and Lecture Weekends
(Distance Learning or In-class Study Options)**

Module	Module Content
<p>THE MACRO-NUTRIENTS PART 1</p> <p>LECTURE W/E 2 20th & 21st November</p>	<p>The macronutrients and metabolism Energy production in the body Turning macronutrients into energy Free radicals The role of the micronutrients in energy production Protein: Amino acids, Biological functions, Protein quality, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary source</p>
<p>THE MACRO-NUTRIENTS PART 2</p> <p>LECTURE W/E 3 11th & 12th December</p>	<p>Macronutrients and Health Carbohydrates: Mono, di- and polysaccharides, Biological functions, Recommended levels of consumption, Glycaemic load, Hypoglycaemia, Diabetes, Syndrome X, Deficiency and toxicity symptoms, Dietary sources Lipids: Fatty acids, Phospholipids, Cholesterol, Essentiality, Quality, Biological functions, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary sources Overweight and obesity: Different nutrients and diets and their effects on weight loss and health, Barriers to weight loss, The Dietary Coaching approach to weight loss, Anorexia nervosa and bulimia, Adverse effects of malnutrition</p>
<p>THE MICRO-NUTRIENTS AND FOOD GROUPS PART 1</p> <p>LECTURE W/E 4 8th & 9th January</p>	<p>Micronutrients and Health Minerals (macro and micro), vitamins and phytonutrients: Biological functions, Recommended levels of intake, Mineral/mineral antagonism, Deficiency, imbalance and toxicity symptoms, Dietary sources of each, Bioavailability of dietary sources, Interactions with other macro/micro nutrients affecting bioavailability, Assessing individual needs for different minerals Nutritional supplements: How to use basic supplements for therapeutic gain, Basic vitamin and mineral formulations, Single supplements, Nutrient complexes</p>
<p>THE MICRO-NUTRIENTS AND FOOD GROUPS PART 2</p> <p>LECTURE W/E 5 2nd & 3rd April</p>	<p>Food Groups and Health Classification of foods (fruit, vegetables, grains, pulses, meat, dairy, nuts, seeds, fish), Important sources of each, Their composition, How they are processed, Their effects on health, Their place in a therapeutic diet Healthy alternatives to common foods: adding variety to the diet The effects of cooking on food, Raw food Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking Basic novel foods and how to use them Common anti nutrients: Chemical additives and preservatives: Sources, Classifications, Regulation, Research Natural toxins: Caffeine, Oxalates, Phytates, Tannins, Alkaloids, Goitrogens Non food based toxins: smoking, cooking and storage vessels, medication Reducing toxins in the diet and lifestyle – basic introduction Acid and alkaline balance in the body</p>

<p>NUTRITION IN SOCIETY 1</p> <p>LECTURE W/E 6 21st and 22nd May</p> <p>Venue for cooking demo: TBC</p> <p>NB: Saturday 21st lectures in afternoon only</p>	<p>Performance Nutrition and Meal Planning Cooking demonstration (Saturday afternoon) Healthy eating on a budget Food labelling Food processing/manufacturing methods: Past and present, Effects on health, Research to back up links to chronic disease, The future outlook</p> <p>Nutrition for Optimum Performance The Functional Medicine approach to performance nutrition The nutritional requirements of sports enthusiasts and athletes Strength athletes and endurance athletes Nutrition for sports related conditions: Immune under function, Free radical production, Injuries, Stress, Digestive issues Nutrition for increasing energy Nutrition for vegan and vegetarian athletes</p>
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Note: This certificate can be completed entirely via distance learning. There is also the option to attend lecture weekends throughout the academic year at a small additional cost. Please contact the office for further details.