



**Certificate in Dietary Coaching: Sports Nutrition
Course Modules and Lecture Weekends
(Distance Learning or In-class Study Options)**

Module	Module Content
PRE-READING (Home study for all students)	Understanding the Human Body and Health The human body and how it works The nutrition requirements of different systems of the body Digestion and absorption Bowel flora and health The effects of poor digestion on health Supporting digestion The nutrition requirements of different systems of the body (brief introduction) Key factors in disease progression in the West
HEALTH, HEALTHCARE AND DIETARY THERAPY LECTURE W/E 1 24th & 25th September	The Western Diet and Lifestyle and Health The history of healthcare The concept of health: Factors affecting health & healthcare The modern Western diet and lifestyle Different ways of eating and their affects on health Medical conditions associated with modern diet and lifestyle Different healthcare models: Orthodox, functional medicine, CAM The fundamentals of being an Nutritional Therapist and Dietary Coach The importance of research in healthcare The importance of reflection in independent learning and in healthcare practice
THE MACRO- NUTRIENTS PART 1 LECTURE W/E 2 19th & 20th November	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
THE MACRO- NUTRIENTS PART 2 LECTURE W/E 3 10th & 11th December	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
THE MICRO- NUTRIENTS AND FOOD GROUPS PART 1 LECTURE W/E 4 7th & 8th January	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>THE MICRO-NUTRIENTS AND FOOD GROUPS PART 2</p> <p>LECTURE W/E 5 31st March & 1st April</p>	<p>Food Groups and Health Food Groups: 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 – positive and negative, Their place in a therapeutic diet Healthy alternatives to common foods: adding variety to the diet The effects of cooking on food: The positives and negatives of cooking, 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 2nd & 3rd June</p> <p>Venue for cooking demo: TBC</p> <p>NB: Saturday 2nd June 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 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>
<p>NUTRITION IN SOCIETY 2</p> <p>LECTURE W/E 7 23rd & 24th June</p> <p>Compulsory Weekend</p>	<p>Dietary Coaching in Practice The physiology of and nutrition for different groups of the population: The elderly, Children, Babies, Infants, Adolescents, Pregnancy and lactation, The chronically ill/injured, Lower socio economic groups, sports enthusiasts The affects of diet on common disorders: Digestive disorders, Heart disease, Immune disorders, Inflammatory conditions, Frequent infections, Hormonal imbalances, Skin conditions, Osteoporosis, Headache and migraine, Stress related disorders Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills</p>

Additional In Class Weekends – Optional

CLINICAL PRACTICE 3 rd & 4 th March	Case studies and group activities
CLINICAL PRACTICE 21 st & 22 nd April	Case studies and group activities

Additional Add On Modules – Optional

FOOD AND THE ENVIRONMENT	<p>Growing your own: Vegetables, herbs, fruit</p> <p>Whole food initiatives: The slow food movement, GIY (Grow it yourself)</p> <p>Introduction to herbs used for common health disorders</p> <p>Food - from farm to fork (Ireland): Regulatory bodies, State departments and agencies, Traceability, Implications on our industry</p> <p>EU food regulation: Governing bodies, General food law, Policies and procedures</p> <p>Organic food: Health, Nutrition, The environment, Sustainable agriculture</p>
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