

*International Society of Sports Nutrition*

## **Endurance & Marathon Nutrition Coach (EMNC)**

*Sports Nutrition Coach Certificate (Online)*

Check out the introductory video of the course: <https://youtu.be/nNqxnhezCHs>

### **Highlight:-**

- \* You will learn all you can wish to know about nutrition specific for endurance and marathon events. Learn the best ways to strategize, perform better, and more importantly be safer using proven science-proven nutrition strategies specific for endurance sports.
- \* ALL NEW 100% online - access anytime, anywhere with “on-demand content”
- \* This certificate course is a continued education course for the ISSN Sports Nutrition Specialist (SNS) and all students doing this course will receive 4.5 Continued Education Credits (CEC) on completion for their SNS certification.
- \* Online 80% on-demand pre-recorded content, together with 20% “live access to experts”. “Live” sessions give you the ability to ask questions in the group class setting, also one-on-one with the experts. Present your athletic dietary strategy as part of your online assessment to the rest of the class “live”, together with the expert to test your retention of knowledge.
- \* Language & Region: English Language, All Online Access, Access Anywhere Anytime

### **Key Points That Will Be Learned:**

1. Learn various dietary strategies for endurance training and sport and how best to apply these principles to competition and training
2. Gain a fundamental understanding of the physiology of endurance training
3. Dangers of marathon events and warnings without nutrition planning
4. All training and dietary protocols covered will be backed by both ISSN and leading sports nutrition research journals and position stands.
5. Help you determine fact from fiction; research from opinion in-regards to marathon events and nutrition.
6. How to optimize performance using performance nutrition strategies specific to endurance events.

### **Modules To Learn In The Course:**

- \* Module 1: Introduction; Endurance Science & Physiology
- \* Module 2: Nutrition Fundamentals



- \* Module 3: Fuel Usage; Dietary Essentials
- \* Module 4: Dietary Calculations; Requirements
- \* Module 5: Endurance Risks - Part I
- \* Module 6: Effects of Current Diets
- \* Module 7: Endurance Nutrition Strategies
- \* Module 8: Ergogenic Aids; Endurance Risks - Part II
- \* Module 9: Latest Research; Introduction to the ISSN
- \* Module 10: Discussion of homework assignment

#### **Pricing:**

- \* Retail Price: RM 1,780
- \* Early Bird Price: RM 1,680 By February 28th
- \* Sign Up To Or More Together & Early Bird Discount: RM 1,580

#### **Examination & Presentations:**

- \* Students must receive a minimum of 75% or above for both the assessment and exam to pass and receive the certificate.
- \* Exam will be online with 60mins to answer 50 multiple-choice questions.

#### **Dates & Hours:**

- \* Online “on-demand” study hours: Approximately 12hours
- \* Live “access to expert” presentation & question hours: Approximately 6hours.
- \* Class open: February 28th
- \* Class close: March 15th
- \* Live Sessions & Presentations: Saturday, April 2nd & Saturday, April 17th

#### **Educator Profile:**

Dr. Roger Adams, Ph.D. in Nutrition, CISSN Sports Nutritionist

- ACE Certified Personal Trainer
- Member of the IDEA Health and Fitness Association
- 2019 Recipient of the GHP Fitness and Nutrition Awards
- Active member of the Nutrition Entrepreneurs, Sports. Cardiovascular & Wellness Nutritionists, and Weight Management Dietary Practice Groups in the Academy of Nutrition and Dietetics
- Member of the Academy’s eMentoring program
- Member of the Obesity Action Coalition
- Member of The Obesity Society