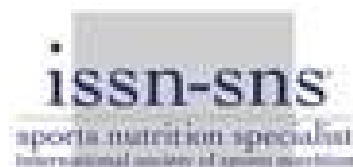


100% ONLINE LEARNING



# 3.0 Version

## ***Sports Nutrition Specialist (SNS)***



ISSN – International Certification

All New 3.0 Version Content

Now the fastest growing and most globally recognized Performance & Sports Nutrition certification program is getting upgraded to suit the new way of learning and delivery in the modern era, also allow more access to non-English speaking fitness professionals.

# RM 5780



# - Open Now For 3.0 Version -

Signup Open: April 16th

Early Bird Discount Ends: May 10th

Online On-Demand Content Available: July 17th



- Online access opens Saturday June 6th – students can access the on-demand content at any time after this point. On-demand content will be available to watch on the GPNi portal for 6months, or longer in some cases.

- Live sessions will be subject to time-zone for each student with two options depending on country and time zone.

**\*\*Please Note:** Students will need to complete all on-demand content – Modules 1-6 and pass the exams before being eligible in the live session and presentations.

***Key Dates Below***

# ISSN SPORTS NUTRITION SPECIALIST LIVE CLASS COURSE SCHEDULE

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1. **Course Title:**

SPORTS NUTRITION SPECIALIST (SNS) VOLUME 3.0 2021 (English language)

2. **Lecturers:**

Dr. Reid Reale & Dr. Roger Adams

3. **Course Time:**

**On boarding:** July 17<sup>th</sup> live introduction ceremony

**Date of the course:** July 17<sup>th</sup> 2021 – January 10<sup>th</sup> 2022 for the on-demand content

4. **Presentation and Exams:**

Multiple choice questions at the end of each module

5. **Access to experts: Skype private group and Zoom**

6. **Course materials:**

1 Reference book “Nutritional Supplements in Sports and Exercise”

1 CISSN & ISSN-SNS study guide

1 ISSN-SNS exam study guide

1 Course book

1 ISSN branded t-shirt

1 ISSN phone cover







# Course Lecturers



**APPROVED  
PROVIDER**

1.9 CEU



**APPROVED  
PROVIDER**

15 CEU



**APPROVED  
PROVIDER**

5.5 CEU

# - Course Lecturers -

## Dr. Reid Reale

PhD, AdvSD, APD, MDiet, BHLthSci(Hons)  
CISSN Sports Nutritionist

- Accredited practising dietitian
- Advanced Sports Dietitian
- Renowned UFC performance nutritionist
- Former senior scientist; gatorade sports science institute (GSSI)
- Former lead combat sports dietitian for Australian Olympic team Rio 2016
- World renowned combat sports nutrition scientist
- Brazilian Jiu Jitsu Black belt, active coach and competitor





# - Course Lecturers -



- 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

**Dr. Roger Adams**

Ph.D. in Nutrition,  
CISSN Sports Nutritionist

# - Two Certificates In-One -

## ISSN Sports Nutrition Specialist (SNS)

- Scientific knowledge based on the ISSN research
- Multiple choice exam to test knowledge retention

(Multiple choice online-exam needing 75% or above to pass. )

1

### ISSN-SNS Certificate example



## Advanced Sports Nutrition Certificate (ASNC)

- Practical knowledge and application of knowledge
- Tested with presentation skills and homework

2



### ASNC Certificate example



# - Module Summary Breakdown -

## *MODULE 1*

### **•CHAPTER 1 - COURSE INTRODUCTION & MACRONUTRIENTS**

- Code of Ethics
- Nutrition Fundamentals
- Athlete spotlight/case studies
- Research/position stands

### **•CHAPTER 2 - MICRONUTRIENTS, WATER, & HYDRATION**

- The Micronutrients
- Female Athlete Triad
- Vegetarian diets and amenorrhea
- Water & Hydration during exercise
- Athlete spotlight/case studies
- Research/position stands



## *MODULE 2*

### **CHAPTER 3 - ENERGY EXPENDITURE**

- The Calorie
- Measuring EE
- RMR Prediction Equations Fuel for Exercise
- Athlete spotlight/case studies
- Research/position stands

### **CHAPTER 4 - FUEL USAGE AND CURRENT DIETARY TRENDS**

- Fuel and the Intensity Continuum
- Sources of Energy for ATP Synthesis
- Fat as an Energy Substate
- Protein Use During Exercise
- Current Dietary Trends

## *MODULE 3*

### **•CHAPTER 5 - SKELETAL MUSCLE FUNDAMENTALS & BIOENERGETICS**

- Skeletal Muscle Fundamentals
- Bioenergetics
- Athlete spotlight/case studies
- Research/position stands

### **•CHAPTER 6 - SKELETAL MUSCLE ENERGY SYSTEMS**

- Skeletal Muscle Energy Systems
- Energy for Skeletal Muscle Contractions
- Anaerobic ATP Generation



### **•CHAPTER 7 - NUTRITIONAL RECOMMENDATIONS FOR THE ACTIVE PERSON AND ATHLETE**

- Nutritional Recommendations for the Physically Active Person
- An Optimal Diet
- Checking Your Country's Guidelines for Specific Requirements
- Athlete spotlight/case studies
- Research/position stands

### **•CHAPTER 8 - ENERGY BALANCE, OBESITY, EXERCISE, & WEIGHT CONTROL**

- Energy Balance, Obesity, Exercise, & Weight Control
- Energy Balance
- Hormones and Fat Storage
- Exercise and Dieting
- Rapid Weight Loss
- Athlete spotlight/case studies
- Research/position stands

### **CHAPTER 9 - THERMOREGULATION, FLUID BALANCE, & REHYDRATION**

- Exercise, Thermoregulation, Fluid Balance, and Rehydration
- Exercise Generates Heat
- Dangerous Conditions
- Heat-Related Illnesses
- Athlete spotlight/case studies
- Research/position stands

### **CHAPTER 10 - NUTRITIONAL CONSIDERATIONS FOR INTENSE TRAINING AND COMPETITION**

- Nutritional Considerations for Intense Training and Sports Competition
- The Pre-competition Meal
- Carbohydrate Loading (long discussion here)
- Hydration Strategies
- Exercise and Effects on Illness
- Athlete spotlight/case studies
- Research/position stands



### **•CHAPTER 11 - ERGOGENIC AIDS**

- Making Wise Choices in the Nutrition Marketplace
- SNS Ergogenic Aids & Dietary Supplement Classification System
- Green – Proven
- Yellow – Limited
- Red – Not proven at all
- Ergogenic Aids - Pharmacologic and nutritional
- “Natural” Anabolic Boosters
- Much more
- Athlete spotlight/case studies
- Research/position stands

### **•CHAPTER 12 - DIETARY SUPPLEMENTS**

- Dietary Supplements
- Energy Drinks
- MIPS
- Protein Powders
- Much more
- Athlete spotlight/case studies
- Research/position stands

(Online Examination – Needed 75% Or Above To Pass Each Section)

## *MODULE 7*

(Access Only granted upon successful completion of Modules 1-6)

### **•CHAPTER 13 - BUILDING A DIET & RECENT RESEARCH**

- Creating a Low-Calorie Diet
- Creating a High-Protein Diet
- Recent research review and recommendations
- Spotlight on careers in sports nutrition
- Athlete spotlight/case studies
- Research/position stands

### **•CHAPTER 14 - HOMEWORK ASSIGNMENT DISCUSSION**

- Nutrition Plan Creation and Presentation
- Example Nutrition Plans
- Example Presentations
- Grading Rubric

(Presentation & Homework Need 75% Or Above To Pass)



# Learn More & Follow Our Social Media

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[www.sportsnutritionssociety.org](http://www.sportsnutritionssociety.org)