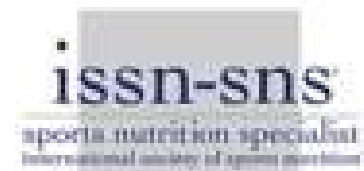


100% ONLINE LEARNING



**Dr. Jose Antonio**  
- the founder of the ISSN

# ISSN-SNS Certification "Live" Online

With Dr. Jose Antonio 23 OCT 2021-  
12 APR 2022

# RM 5180

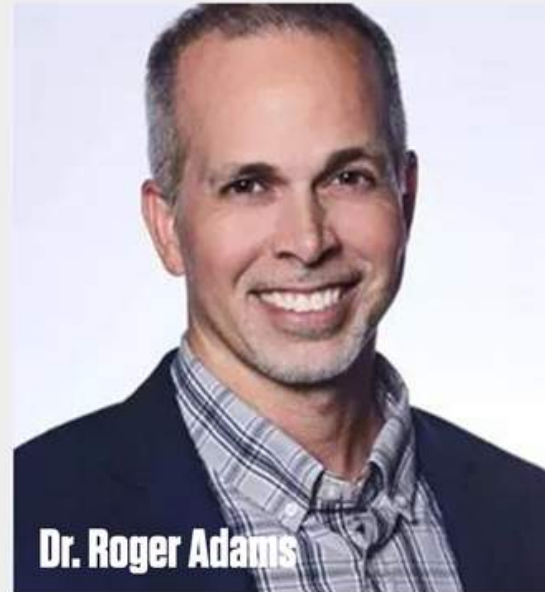
\*FITM GROUP RATE  
(TILL 20 SEP'21)

EARLY BIRD: RM 5,380 (TILL 31 SEP);  
NORMAL PRICE: RM 5,980



## Course Includes:

- 1 On-demand filmed content with Dr. Reid Reale & Dr. Roger Adams



- 2 Live tutorials with Dr. Jose Antonio
- 3 Live presentations to class with Dr. Jose Antonio
- 4 24hr group discussions/sharing in class online

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GPNi® gives you 360degree true education experience - all online. Grow your network of peers in the fitness and professional nutrition industry globally with all-access learning.

# Schedule & Times below:

- 1** ..... Onboarding "Live" Class Session - October 23rd
- 2** ..... Module 1-4 "Live" Review - December 16th
- 3** ..... Module 5-8 "Live Review" - February 19th 2022 (With Dr. Jose Antonio)
- 4** ..... Presentations "Live" - March 26th 2022 (With Dr. Jose Antonio)
- 5** ..... Official Exam Opens - March 26th - April 12th.

Module 1 Course Introduction % Nutrition Fundamentals	Module 2 Skeletal Muscle & Support Systems	Module 3 Nutrition, Training & Performance	Module 4 Nutrition & Performance, Dietary Trends	Module 5 Dietary Supplements & Ergogenic Aids	Module 6 Exercise, Hydration & Nutrition Considerations	Module 7 Sport Nutrition Applications	Module 8 Exam Preparation
<ul style="list-style-type: none"> <li>• Course Introduction</li> <li>• Nutritoin Fundamentals &amp; Macronutrients</li> <li>• Micronutrients, Water &amp; Hydration</li> </ul>	<ul style="list-style-type: none"> <li>• Skeletal Muscle Fundamentals</li> <li>• Bioenergetics and Skeletal Muslce Energy Systems</li> <li>• Macronutrient Metabolism in Exercise and Training</li> </ul>	<ul style="list-style-type: none"> <li>• Energy Expenditure and Balance</li> <li>• Energy Imbalance, Obesity and Weight, Body Composition Management</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional Recommendations for Active Person and Athletes</li> <li>• Current Dietary Trends &amp; creating A Diet</li> </ul>	<ul style="list-style-type: none"> <li>• Making Wise Choices in the Nutrition Marketplace</li> <li>• Ergogenic Adis, Group A</li> <li>• Ergogenic Aids, Group B &amp; C</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise, Thermoregulation, Fluid Balance, and Rehydration</li> <li>• Hypohydration</li> <li>• Nutritional Considerations for Intense Training and Competition</li> <li>• Exercise and Effects on Illness</li> </ul>	<ul style="list-style-type: none"> <li>• Endurance Sports</li> <li>• Strength and Power Sports</li> <li>• Team Sports</li> <li>• Bodybuilding &amp; Physique</li> <li>• Water Sports</li> </ul>	<ul style="list-style-type: none"> <li>• ISSN Position Stand and Reseaerch Review</li> <li>• Spotlight on careers in sports nutrition</li> <li>• Performance Nutrition Plan Creation and Presentation</li> <li>• Exam Review</li> </ul>

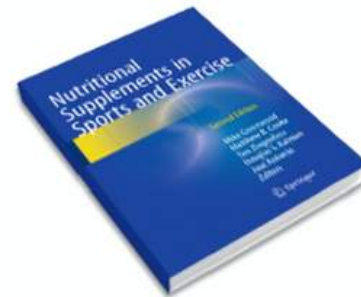
# Course Delivery & Hours

Total study hours = 55+hours.

- 1 On-demand video content – 16.5hours.
- 2 Live-streaming tutorials & reviews – 8hours.
- 3 Homework & presentations – 15hours.
- 4 Reading & review – approximately – 15hours.
- 5 Exam – 1.5hours.
- 6 Complete Course & Studuy Phase Over 6months

## 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



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## **"live tutorials" for the upcoming ISSN-SNS 3.0**

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We are delighted to announce that our special guest teacher for the "live tutorials" for the upcoming ISSN-SNS 3.0 will be taught by non-other than Dr. Jose Antonio - the founder of the ISSN himself. This is a very rare and unique opportunity for those lucky enough to get a place. It will book out fast with class numbers limited to 20 people to ensure the highest quality teacher/student ratio.

**PLUS** -Interactive group class chats – unlimited. Ability to connect and interact with classmates from all over the world. Learn from each other, connect and grow your global network for career and knowledge advancement in the field of sports nutrition.

# - 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**

# - Course Lecturers -

## Dr. Reid Reale

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

- Accredited practising dietitian
- Advanced Sports Dietitian
- renknwed UFC performance nutritionist
- Former senior scientitst; gatorade sports science institue (GSSI)
- Former lead combat sports dietitian for Australian Olympic team Rio 2016
- World reknwoned 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



# - 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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47820 PJ Malaysia):

Call/ Whatsapp: 0126356126

Email: [learn@fit.com.my](mailto:learn@fit.com.my)

**Websites:**

[www.thegpni.com](http://www.thegpni.com)

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

