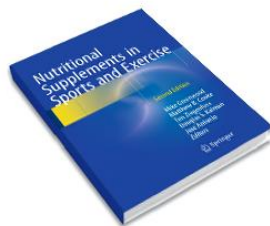


## ISSN SPORTS NUTRITION SPECIALIST LIVE CLASS COURSE SCHEDULE

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- 1. Course Title:**  
SPORTS NUTRITION SPECIALIST (SNS) VOLUME 3.0 2021 (English language)
- 2. Lecturers:**  
Dr. Jose Antonio, Dr. Reid Reale & Dr. Roger Adams
- 3. Course Time:**
  - Onboarding - 23rd October 2021
  - Module 1-4 review - 16th December 2021
  - Module 5-8 review - 19th February 2022 (Dr. Jose)
  - Presentations "Live"- 26th March 2022 (Dr. Jose)
  - Official Exam Opens- 26th March - 12th April 2022
- 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



## 7. Course Outline

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>Nutrition 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 Muscle 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 Aids, 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 Research Review</li> <li>Spotlight on careers in sports nutrition</li> <li>Performance Nutrition Plan Creation and Presentation</li> <li>Exam Review</li> </ul>

## 8. Time Frame

Students will have a total of 6 months to complete the on-demand content (modules 1 – 7) and successfully pass the multiple-choice exams at the end of each module. After the on-demand content is completed, students will be eligible for the “live” session or “access to experts” which will be held by Dr. Reid Reale and Dr. Roger Adams.

## 9. Assessment and Exam

- ISSN-SNS Online Exam:**



ISSN-SNS  
Certificate example

- Questions:** 10 – 15 questions at the end of each module.
- Passing Score:** 75% or above in each of the exams.
- Exam Results:** The exam results will be released immediately after the completion of the module exam.
- Exam Redo:** Students will have 2 chances to take the exam.

- ASNC – Advanced Sports Nutrition Certificate:**



- 1) **Preparation of Study Report:** Within one week after the on demand content, students need to prepare their own study report, which including two parts: the formulation of sports nutrition plan creation and presentation of the sports nutrition plan. Please make sure the sports nutrition plan is created in Microsoft Power Point format.
- 2) **Presentation of Study Report:** An online presentation of the study report will be held, each one has up to 10minutes to present their report, the lecturer will give criticism on everyone's plan. The results of the study report will be sent by email, together with the digital version of the ISSN-SNS certificate and the ASNC certificate. Your CEC report information for approved organizations will be sent via email.

Your criteria and assessment for the practical presentation will be graded on these 5 elements with a mark of 20% grade per category:

- Overall Knowledge of the Subject – 20%
- Accuracy of Knowledge – 20%
- Integrity of Plan – 20%
- Presentation Skills – 20%
- ISSN Position Stand & Scientific Terms Used -20%

#### 10. Successful Students

The students who have passed the assessment successfully will obtain the certificate of "ISSNSNS Sports Nutrition Specialist Certification" and "ASNC Advanced Sports Nutrition Certification".

The certificates will be sent after the membership account of the ISSN is created. The digital certificates will be sent by e-mail with the login information of the ISSN membership account. (Note: in order to ensure that the information on the certificate is correct, please make sure that the name you provide is the full name). The CEC continuing education credit information of the course will be included in the same email as well.

From GPNi® and ISSN we wish everyone good luck!

Thank you for choosing the GPNi® to launch your sports nutrition career!

## Online Course Platform Direction

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### Live Platform: Skype Classroom or Zoom

Dear Students,

Welcome to ISSN-SNS “Access to experts” with lecturers Dr. Reid Reale & Dr. Roger Adams. You will need to have a Skype/Zoom account already registered, however all sessions will be recorded and access to the recorded file will be later available on the Private Facebook Group. We suggest you to-watch the live stream via computer vs. phone for a more interactive and better experience. If you do not have access to Facebook, or an account you will need to create an account and get access prior, this is your responsibility, however we can help out on some direction if this is a problem.

There are two entry points, with the same feed to watch, interact with the class. The first is Facebook private group, the second is via Skype/Zoom which will make for a much more dynamic “classroom” experience and recording features.

The recorded file will automatically available on the Facebook Private group ISSN-SNS “Access to experts” with lecturers Dr. Reid Reale & Dr. Roger Adams after each class session. An edited recorded version will be available in a few days after the class and available on a separate link for those wishing to review and watch.

### Facebook Access

- Step One: Like us on Facebook @TheGPNI
- Step Two: One the main page, next to photos, click on more.

- Step Three: Select Groups
- Step Four: Join GPNI® ISSN-SNS Certification  
Admin will approve your access usually within 24hours.



1Cert

@TheGPNI · Education

Visit group

Home Events Videos Photos More

Liked

Message



1Cert

@TheGPNI · Education

Visit group

Home Events Videos Photos More

Liked

Message



### Ask 1Cert

"How much does this course cost?"



A

"Can you tell me more about this educational institution?"



A

About

Community

Groups

Contact

Post



Tag friends

### Linked groups



ISSN-SNS "Korea Live" July

10 members

Join Group



Endurance & Marathon Nutrition Coach (EMNC®)

8 members · 3 posts a week

Join Group



GPNI® ISSN-SNS Certification

5 members

Join Group



ISSN-SNS "Korea Live" November

3 members

Join Group



ISSN-SNS "Live" Dr. Reid Reale

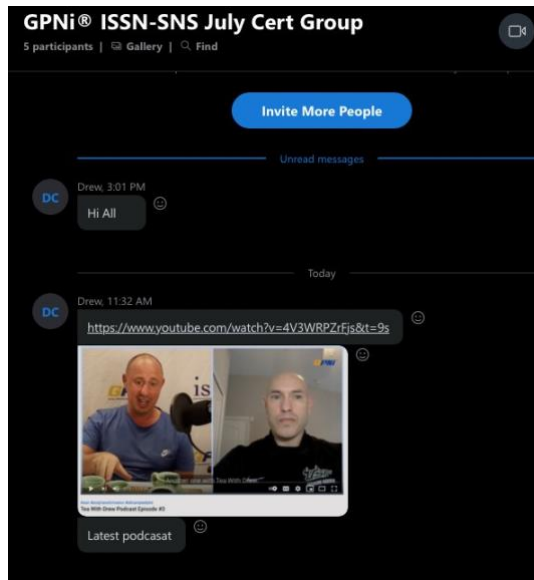
27 members

Join Group

Skype/Zoom Access:

Coursing students will be added to the Skype Group “GPNi ISSN SNS Cert July”. All students **must have** a valid Skype account in order to access the content.

To be “on screen” and your camera turned on to ask questions as well as when you will be giving presentations for day#7 you will need to log in to the classroom via Skype/Zoom.



**Playback:** Will be automatically available immediately after the class has finished within the Facebook private class group. The recorded playback file will be available from two weeks after the SNS exam.

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**Please Note:** ISSN and GPNi<sup>®</sup> have full copyright of all content and materials. You are not allowed to download, share or copy the course materials, video or other elements for commercial use without written permission by the company. Failure to do abide by this copyright protection could result in legal action.