

## Performance Nutrition (Level 2)

Become the Ultimate Resource in Your Client's Quest for Better Physique & Performance

### Course Overview

Beyond mastering the basics learnt in FEA Health & Fitness Nutrition (Level 1), this course propels you into a deeper exploration of the profound impact that nutrition has on your performance. Whether your goal is to improve body composition, or achieving unparalleled athletic prowess, you'll discover the secrets to harnessing the true power of food. Prepare to be amazed as you uncover the astonishing potential that lies within your diet.

But that's not all—equipped with this newfound knowledge, you'll learn how to effectively communicate credible, practical, and relevant nutrition advice to your active clients, all while maintaining the highest level of professional integrity. Empower others to unleash their true potential by providing tailored guidance on fueling their bodies for success.

### Why Should You Consider This Course?

- Explore the dynamic relationship between nutrition and various physical activities - Discover how different activities, from strength training to endurance sports, require unique fueling strategies to optimize performance and recovery.
- Gain invaluable insights into the science behind macronutrients and unlock the secrets to unlocking your peak performance potential.
- Bridging the Gap: From guidelines to actionable practices, meal selection and preparation - ensuring that you are equipped with the knowledge and skills to craft nutrient-dense, performance-enhancing meals for your high performing clients

### What Are the Topics Covered in Live Class?

- Building muscle & strength
  - Protein turnover & nitrogen balance
  - Maximising muscle protein synthesis (MPS)
  - Staying anabolic the whole day
  - Fuelling and refuelling carbohydrates
  - Types of carbohydrates
  - Essential fatty acids for recovery
- Fat loss
  - Journey of triglycerides
  - 3 steps of fat loss
  - Common mistake in creating calorie deficit
  - Deciding energy intake
  - Types of protein source for fat loss
  - Insulin & fat gain
  - Inflammation & fat loss
  - Sugar substitute & fermented food
  - Gut health
  - Eat fat to lose fat?
  - Medium chain triglycerides (MCT)
- Endurance activities

- Meeting large energy requirements
- Carbohydrates and bonking
- Fat fuelled athletes?
- Nutrient timing
- Food choices before, during and after activities
- Meeting fluid requirement
- Types and timing of fluid recommended
- Choosing sports drinks
- Carbohydrate loading strategies
- Protein and fats for endurance athletes
- Cross training and team sports
  - Energy systems involved
  - Carbohydrates before, during and after activities
  - Protein for recovery
  - Preventing dehydration
  - Ready to eat snacks
- Case studies
- Building a Performance Nutrition Plan (PNP)
- Functional foods – looking beyond calories & macronutrients

### **Who Will This Benefit?**

- Fitness Professionals
- Strength and Conditioning Professionals

### **Pre-requisite**

This course designed for fitness professionals who wish to learn about nutrition to help clients make better food choices in order to achieve their health & fitness goals and specific goals. Basic fitness instructing/personal training certification is recommended.

You MUST complete Health & Fitness Nutrition (Level 1) course before attending this Level 2 course.

### **Course Provider**

Fitness Edutraining Asia (FEA)

### **CEC Points**

ACE 1.2 CECs, NASM 1.2 CEUs

### **Course Duration**

Onsite:

- 12 hours (2 days)
- Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live class (Explanation and Application of Science, Concepts & Guidelines)

Online:

- 8 hours (4 sessions)
- Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live zoom class (Explanation and Application of Science, Concepts & Guidelines)

Fitness Edutraining Asia (FEA)

### **Learning Materials**

Digital course slide handouts and recorded videos in Google Classroom

### **Awards**

Upon full attendance, completion of this workshop/course and meeting the grading criteria, you will be awarded a Certificate of Workshop/Course completion of Performance Nutrition by FEA. E-certificate with 1.2 ACE CECs and 1.2 NASM CEUs will be auto-generated upon successful completion.

### **Grading Criteria**

100 multiple-choice questions; passing score  $\geq 70\%$ , 3 attempts within 90 days, e-cert of Performance Nutrition will be auto generated

### **Recertification**

N/A

### **Exam Fee**

Included in course fees

### **Dress Code**

Casual

### **What Do I Need To Bring/Prepare?**

Onsite: Stationery, Laptop

Online: Laptop/ computer with camera access and microphone function

### **Course Capacity**

A minimum of 12 pax and a maximum of 20 pax

### **Language**

English, Mandarin

Information displayed above is correct during time of publishing and may subject to change without prior notice