

## Performance Nutrition (Level 2 of Sports and Fitness Nutrition Specialist - SFNS)

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

### Course Overview

Upon completion of the Health & Fitness Nutrition (Level 1 of Sports and Fitness Nutrition Specialist), you will have the foundation, the information and the inspiration to make better food choices. Now, the next step is to look into the relationship between food and how it optimizes performance whether it's to build muscle, lose fat or maximize your performance. You will learn how to offer credible, practical and relevant nutrition information to active clients while staying within the professional scope of practice.

### Course Highlights

- Functional Food – Discover how specific food can have effect on a specific athletic demand beyond the benefit of the traditional nutrients it contains.
- Look Good Naked - How to gain weight the healthy way and lose weight without starving?
- Essentials of Meal Selection and Preparation - Help client translate nutrition knowledge into action

### Why Should You Consider This Course?

- Explain how specific food can improve specific athletic demand
- Identify nutrition considerations when working with clients with endurance, strength, hypertrophy and fat loss goals
- Offer tips to build meals to meet specific energy and nutritional needs

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

Onsite Live	Online Live (Zoom):- Session:
<ul style="list-style-type: none"> <li>• Functional food</li> <li>• Understand specific demands of the following events:               <ul style="list-style-type: none"> <li>○ Physique</li> <li>○ Strength/ Power</li> <li>○ Endurance</li> <li>○ Team sports</li> </ul> </li> <li>• Meal Selection and Preparation for               <ul style="list-style-type: none"> <li>○ Physique</li> <li>○ Strength/ Power</li> <li>○ Endurance</li> <li>○ Team sports</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• How should you eat differently for every sport?</li> <li>• What do you eat before, during and after exercise?</li> <li>• Can you lose fat and build muscle at the same time?</li> <li>• Creating a personalized Performance Nutrition Plan (PNP)</li> </ul>

### 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. Basic fitness instructing/personal training certification is recommended.

You MUST complete Health & Fitness Nutrition (Level 1 of FEA Sports & Fitness Nutrition Specialist) 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**

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

### **Learning Materials**

Recorded Videos in Google Classroom, handouts, course manual and/or presentation slides

### **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.

FEA Sports & Fitness Nutrition Specialist certificate will be issued to individuals who have successfully completed Level 1 (Health & Fitness Nutrition), Level 2 (Performance Nutrition) and holds a current NCCA-accredited health or fitness certification or an equivalent professional credential (such as FEA Certified Fitness Practitioner). Eligible candidates will have to submit their application form in the Google Classroom upon passing both Level 1 and Level 2. Verification process will take 30 days.

### **Grading Criteria**

100 multiple-choice questions; passing score  $\geq 80\%$ , 3 attempts within 90 days), e-cert of Performance Nutrition will be auto generated

### **Recertification**

N/A

### **Exam Fee**

Included in course fees

Fitness Edutraining Asia (FEA)

**Dress Code**

Casual

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

Stationery, Laptop (Onsite) or Laptop/ computer with camera access and mic function (Online)

**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