Unit: Nutrition for Sport  
Level: 3  
Credit Value: 6

What you will study:

You will learn about nutrition and the role of sports nutritionists. You will also learn about nutrition strategies for the different stages of sports training, i.e. pre-training and post-training stages. This will include learning about diets and planning appropriate diets for selected activity.

You will learn how sports nutrition programmes are developed for individuals based on identified needs and how to evaluate the success of this programme over a period of time.

How you will be assessed:

1. You will complete a number of short and long answer questions.