



## Module 1 (10 hours) 4 courses

# Basics of Sport Nutrition

### Course 1 - Monday 3rd October

#### **NUTRITION :**

" Very simple, but highly complex ! "

- The 3 pillars of fitness :
  - Nutrition ;
  - Sleep ;
  - Training.
- What is energy ?
  - ATP
  - Muscle Metabolism
- Introduction to Nutrients
- Q/A  
Task for next session

### Course 2-Monday 10th October

#### **NUTRIENTS**

- Fats
- Carbs
- Proteins
- Vitamins
- Minerals and trace elements
- Q/A  
Task for next session

### Course 3-Monday 17th October

#### **HYDRATION:Why is it so important?**

- Cell homeostasis
- Hydration while exercising
- Q/A  
Task for next session

### Course 4-Monday 24th October

#### **How to FUEL your body ?**

- Before exercise
- During exercise
- After exercise
- Q/A  
Evaluation