



Module 2 (10 hours) 4 courses Advanced Sport Nutrition

January 2023 - 4 courses

Glucose metabolism

- What is Glycaemia ?
- Glycaemia regulation

Lipid metabolism

- FA,
- Keto

Protein metabolism

- Muscle metabolism
- Sarcopenia

How to fuel you body ?

- For Training
- For Racing
- For Long distance racing (ultra)
- For Well being

Ergogen use in sport

- Caffeine
- HCO₃
- Creatine, BCAA, glutamine...
- Q/A

Duration : 10 hours (4 x 2,5 h)



Module 3 (10 hours) 4 courses

Applied Sport Nutrition (1)

April 2023 - 4 courses

The quest of peak body weight

- Metabolism, fat mass, muscle mass ...
- How to lose weight ?
- How to gain weight ?

Specific populations

- Kids and teens
- Female athletes
- Master athletes

Case studies

- The Tour de France, and Cape Epic MTB stage race
 - The Vendée Globe Sailing race, with Alexia Barrier
- Team sports

Q/A

Duration : 10 hours (4 x 2,5 h)



Module 4 (10 hours) 4 courses

Applied Sport Nutrition (2)

July 2023 - 4 courses

Injury prevention

- Tendons
- Muscles
- Bones

Disease prevention

- What is microbiome ?
- Intolerances and allergies
- Diabetes
- Osteoporosis
- Anorexia nervosa and Boulimia

The quest of individualization

- Periodization
- My own Nutritional assessment

Q/A

Duration : 10 hours (4 x 2,5 h)