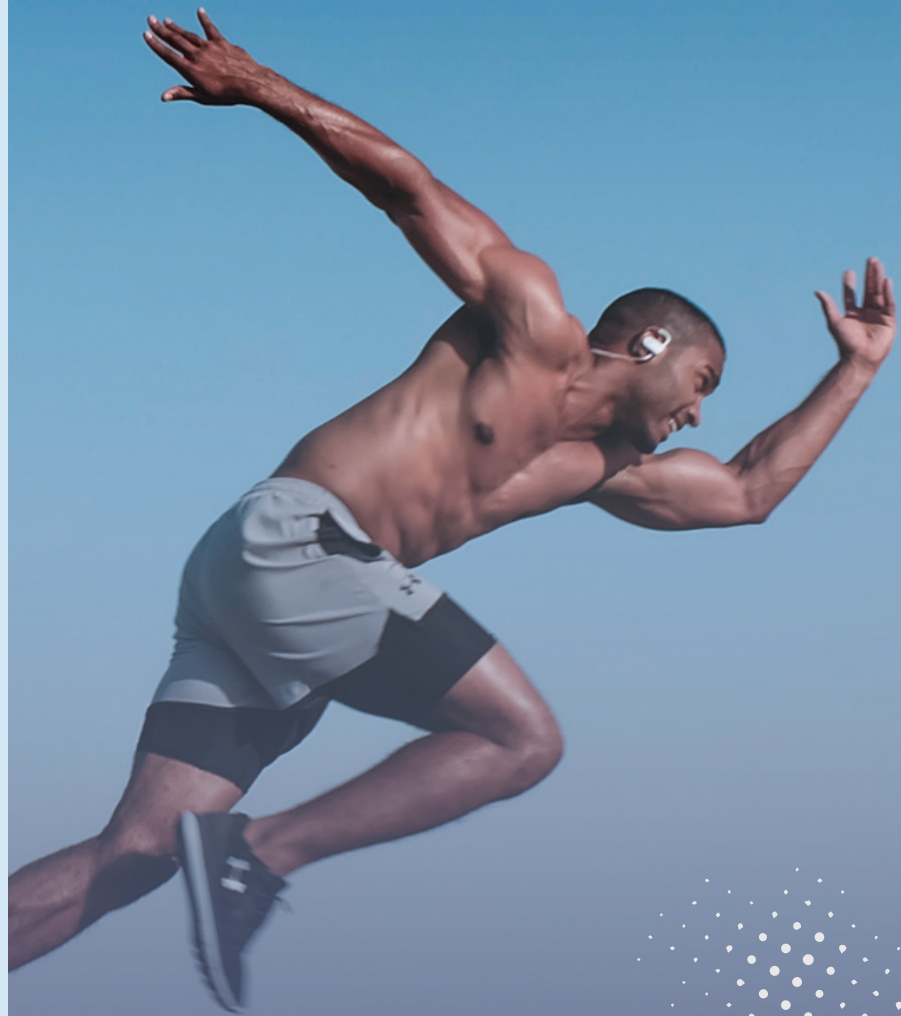




nutrition
network

PROFESSIONAL ONLINE TRAINING IN
THERAPEUTIC CARBOHYDRATE RESTRICTION
FOR ATHLETIC PERFORMANCE

For Medical, Healthcare and
Fitness Professionals



Sports

NUTRITION

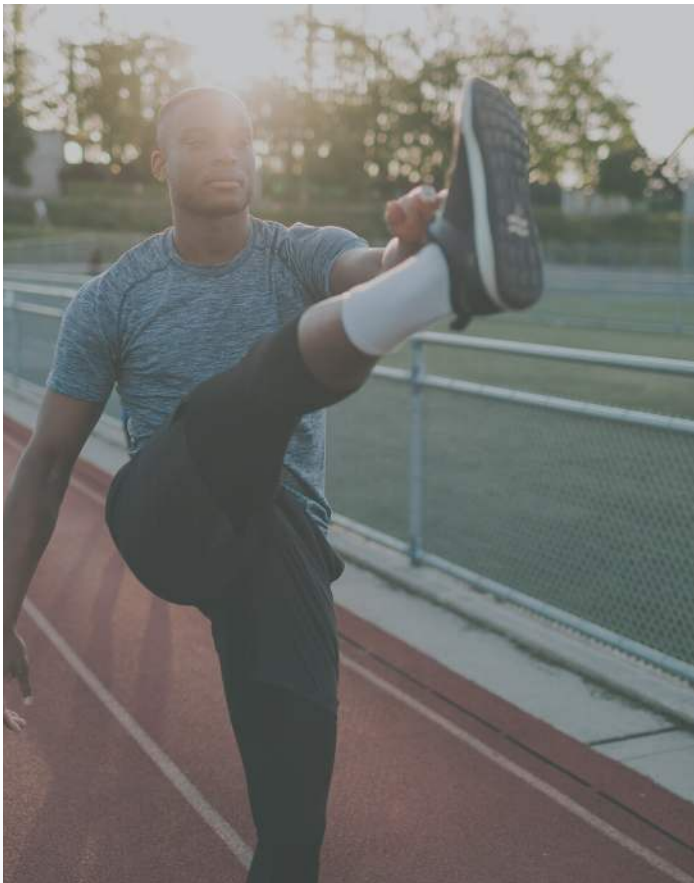


TRAINING FORMAT

Flexible online learning. Work through the content in your own time and at your own pace

Each lecture includes:

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and references for relevant journal articles and literature
- Quiz to assess what you've learned



Certificate

On completion of the course, participants will be issued with a **Certificate of Completion**. This module contributes towards certification as a **Nutrition Network Practitioner**.

Continued Professional Development (CPD)

This module has been accredited by The CPD Standards Office and is worth 15 CPD hours. We have been assured that the accreditation is recognized and respected internationally. Formal CPD Standards certificates are issued and accepted in a multitude of countries.

ONLINE, SELF-PACED STUDY



LECTURERS & TOPICS



Online training material on the practical application of the TCR or Keto diet for sports and exercise performance, tailored to meet the needs of Medical & Allied Healthcare Professionals



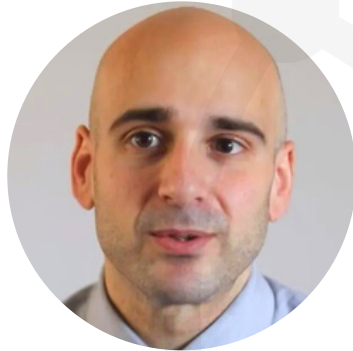
My life in Sports Nutrition: from High Carbs to High Fats

PROF TIM NOAKES



Exercise as if Your Life Depended on it. Here's Why it Does.

DR BEN BOCCHICCHIO



Low Carbohydrate Diets & Athletic Performance

DR TRO KALAYJIAN



Nourishing your Muscles

DR LAURIE RAUCH



LCHF: Metabolically Flexible for both Low and Higher Intensity Exercise

DR HOLDEN MACRAE



Exercise & Modern Women

TRACEY MCBEATH



How should we Exercise when we are Moving to Low Carbohydrate High Fat (LCHF) Nutrition

ANDRE OBRADOVIC



Carbohydrates or Fats for Exercise Performance

PROF TIM NOAKES



ABOUT THE TRAINING



The content of this training has been reviewed by the
Nutrition Network **Medical Advisory Board**

Training format

The training is made up of:

- Video lectures, interviews & panel discussions, presenting
 - Physiology and scientific evidence
 - Practical clinical implementation guidelines of an LCHF diet for exercise-related applications
- Supporting documents, including:
 - The speakers' PowerPoint presentations
 - Reference lists
 - Patient education resources to use in your practice.

Timeline & testing

You may start the course at any time, and work through the content completely at your own pace.

Before being awarded your certificate:

- You will need to answer a quiz for each module/topic to test what you've learned.

Enrolment

Register for the course by visiting www.nutrition-network.org/apply-now/ and select 'SPORTS NUTRITION' from the drop-down menu on the application. We will notify you whether your application has been successful.

If an existing Nutrition Network student, click on the link below to enrol.

Who is eligible to do the course?

- Medical professionals
- Allied Healthcare Workers
- Nutrition Network Graduates
- Exercise Professionals
- Athletes

The majority of proceeds from this course will contribute towards The Noakes Foundation and the research work they are doing.

