

# INFOFIT Educators



Certified Sports Performance and  
Fitness Nutrition Specialist

Course Outline



## **Certified Sports Performance and Fitness Nutrition Specialist Course Outline**

### **Course Description**

This course provides an extensive in-depth view into the emergent science and philosophy of sports nutrition. Students will learn how to combine genomically compatible food with controlled exercise and fitness to improve exercise tolerance, athletic performance and optimize body composition. Students will develop the expertise needed to design personalized nutrition protocols for clients with a wide variety of fitness, health and sport related objectives. The course also explores the judicious use of dietary supplements for health and performance, epigenetics, healthy aging and life extension. Anyone interested in offering holistic sports nutrition, fitness and human performance advice to their clients should enroll in this unique and specialized program. It is truly holistic and dedicated to the philosophy of natural medicine and functional health.

### **Career Opportunities**

Infokit's Certified Sports Performance and Fitness Nutrition Specialist graduate is in high demand. Students who complete this course can find work as a Personal Trainer specializing in Holistic Sports Nutrition or branch out into many related health and fitness fields. Student graduates work as personal trainers, health food store retailers, gym owners, group fitness instructors, sales reps, nutrition advisors, dietitians, health professionals and athletic coaches.

### **Admission Requirements**

The admission requirements for this program are as follows:

- Must be 16-years of age or older
- Students must be able to speak and understand English as the course is taught in English

Instruction at Infokit is conducted in English. Students whose first language is not the language of instruction are required to undergo a Language Proficiency Assessment prior to enrolment in order to ensure they have the language abilities necessary to successfully complete the program of their choice. Language proficiency requirements are admission requirements and may not be waived by either the institution or the student. The following are accepted:

- An interview with Infokit Administration on language comprehension. Student must be able to communicate with Infokit Administration during the Registration Interview and be understood by Infokit staff and understand the questions.



- Student must be able to read and understand the Student Contract and the Student Handbook Policies and Procedures and receive 80% on the Language Proficiency Quiz
- The student must email Infokit a 250-word essay stating why they have a passion for fitness. That email must demonstrate the student can understand and communicate in written English.

The Student will be deemed to have English Proficiency if they:

- can fulfill the above requirements  
or
- can provide proof of prior education in English i.e. A transcript or Completion Letter from courses taught in English

### **Required Textbooks**

Upon registration students will receive a printed copy of the Encyclopedia of Sports Nutrition to utilize as a course textbook and a printed copy of a student study guide for taking notes during class.

### **Program Duration**

Program duration is 126 in-class hours

### **Homework Hours**

After each classroom session the student will be required to read specific sections from the Encyclopedia of Sports Nutrition on topics discussed that day in the classroom. Approximate total number of reading time in hours is 60 hours.

### **Delivery Methods**

The course is delivered in-class in lecture format.

### **Learning Outcomes**

Upon completion of this course the successful student will have reliably demonstrated the ability to:

- Utilize whole natural food and supplements as tools for enhancing athletic performance and improving body composition
- Utilize natural food as a clean energy source and as a primary fuel to stabilize blood sugar and prevent sugar cravings
- Create a practical nutrition protocol and healthy dietary regimen for clients
- Describe the role and function of vitamins, minerals, fatty acids and amino acids in health and disease
- Recommend the use of specific natural health products to enhance energy, elevate metabolism, repair injuries and improve exercise recovery
- Understand the basic biochemistry of carbohydrates, fats and proteins



- Teach clients when and how to eat to help improve their capacity to exercise
- Use the science of body typing to help clients understand the uniqueness of their own body and how it responds individually to food and exercise
- Determine the protein requirements of any individual or athlete
- Use food and supplements to reduce inflammation, optimize body composition and reduce body fat
- Recognize the effects of stress and exercise on the structure and function of the human body
- Comprehend the importance of muscle and its relationship to health and the immune system
- Describe the process involved that causes Sarcopenia and muscle weakness
- Know the difference between empty calories and food that heals the body
- Discuss a wide range of therapeutic dietary options with clients
- Recognize the difference between a food or diet that is acid or alkaline forming
- Teach clients about glycemic index, glycemic load and carbohydrate density
- Compare any national diet or food pyramid to the known facts and science of nutrition
- Understand the basic principles behind Functional and Naturopathic Medicine
- Recognize the detrimental effects of sucrose, fructose and refined sugar on human health
- Create a pre- and/or post-workout protein shake using supplements proven by research to be reliable and safe to enhance workout capacity and improve recovery
- Recommend specific nutrition protocols to reduce inflammation and accelerate wound healing.
- Teach the psychology that must be developed and cultivated to achieve and sustain ideal bodyweight.
- Help 'hard gainers' to gain muscle and bodyweight with optimum nutrition, dietary supplements and the right training and exercise strategy
- Educate clients on the differences between lifespan, life expectancy and health span
- Talk to anyone about the multiple benefits of both fitness and nutrition
- Dispel many of the common myths associated with what food and supplements can and cannot do
- Teach clients important life principles that pertain to the management of personal health and wellness as a lifestyle

### **Student Progress/Assessment Methods**

Student performance will be evaluated based on classroom attendance, group discussion and interaction with the teacher and completion of all classroom exams including the final.



### **Attendance Expectations**

Students are expected to have 100% attendance. Any student that misses a day must make that day up by completing the necessary assignment and the daily quiz.

### **Dress Expectations**

No dress code is required.

### **Graduation Requirements**

#### **Graduation**

At the beginning of each classroom session (#2-36) students are required to write a short exam consisting of 10 multiple choice questions for a total of 35 exams.

350 multiple choice questions = 350 (possible) points or marks.

On the last day of the course after a final course summary, students are required to write a final exam consisting of 10 essay questions.

10 essay questions = 100 (possible) points or marks

Classroom Exams	78%	350 points
Final Supervised Exam	22%	100 points
<b>Maximum Student Score</b>	<b>100%</b>	<b>450 points</b>

Upon successful completion of the entire Certified Sports Performance and Fitness Nutrition Specialist program, Infokit will provide each student a Certificate of Graduation. Students must complete all course requirements to receive the Certificate of Graduation and credit for this course. The student's final grade is based on the following grading distribution.

A+	95% or more	B+	80-84	C+	65-69	P	50-54
A	90-94	B	75-79	C	60-64	NC	0-49
A-	85-89	B-	70-74	C-	55-59		