



Principles of Sport Nutrition (PSN)

Program Outline

Principles of Sports Nutrition Program Outline

The Principles of Sport Nutrition course is a twenty-four hour on-line program designed to enhance student comprehension of sports nutrition, fitness and alternative health care for personal and professional application. It integrates the philosophy of biological medicine with exercise science and promotes the use of dietary supplements in conjunction with organic whole foods. The course will teach students how to prevent disease and stay well life-long. In addition to enhancing scholastic aptitude and preparing the student for entry into the sports nutrition, health and fitness field, this introductory program will serve as a personal health-care guide. The course objective is to equip each student with the information and knowledge required to physically condition, care for and nourish their own body. The course will provide direction as a wellness strategy and bridge the gap between fitness and nutrition.

Career Opportunities

Principles of Sports Nutrition (PSN) is designed to teach students basic fundamental sports nutrition principles essential to achieving and maintaining optimum health and longevity. Principles of Sports Nutrition (PSN) is an excellent introductory program for students who intend to pursue further education or who are already educated in the exciting and expanding field of sports nutrition, health and fitness.

Admission Requirements

The admission requirements for this program are as follows:

- The ability to speak english
- A passion for fitness
- Basic computer skills

Required Textbooks Included

Encyclopedia of Sports Nutrition – Cory Holly Institute
Principles of Sports Nutrition Workbook

Program Duration

The PSN course is a 24-hour program that is split into twelve (12) 2-hour sessions, for a total of twelve lessons.

Homework Hours

Students can expect to perform 15-30 hours of homework over the course of the program in addition to the 24 hours of lecture.

Delivery Methods

On-line

Instructional Methods

Method of Instruction	Contact Hours
On line Lecture	24.0
Projects (Audio Assignment)	16.0
Total Hours	40 hours

Learning Outcomes

By the end of the Program, INFOFIT students will be able to:

1. Apply the Art and Science of Sports Nutrition
2. Understand the Philosophy of Wellness as a Lifestyle Strategy
3. Utilize exercise for Weight & Body Composition management
4. Apply Exercise Psychology and Motivational Techniques for Health & Wellness adherence

Student Progress/Assessment Methods

Students are required to submit an open book multiple choice exam at the beginning of Sessions 2-11. Exams are based on previous lectures given by Instructor and printed/audio homework assignments (Recipe For Health Book and selected audio tutorials). Each student is required to write a final one-hour exam after the final lecture of the course (Session 12).

Final grade is based on completion and submission of eleven (11) student exams consisting of ten multiple choice and true/false questions and a final written exam.

Graduation Requirements

Students must complete all quizzes, assignments and projects, and receive 80% as a total grade.

CHI Certificate of Graduation - Principles of Sports Nutrition (PSN) Certificate is sent by email to each successful student. Certificates are signed by Dr. Cory Holly and Dr Seema Kanwal.

Final grade is based completion and submission of eleven (11) student exams consisting of ten multiple choice and true/false questions and a final written exam.

Homework Exams 50% 110points

Final Supervised Exam 50% 110 points

Students must complete all course requirements to receive a CHI Certificate of Graduation and credit for this course.

Program Organization

Name of Lecture	# of Instructional Hours
1. Introduction to Sports Nutrition	2.0
2. Human Anatomy	2.0
3. Energy & Cellular Metabolism	2.0
4. Primary Building Blocks of Sport Nutrition	2.0
5. Dietary Supplements	2.0
6. Body Typing & Individual Assessment	2.0
7. Training & Exercise Philosophy	2.0
8. Achieving Your Ideal Bodyweight	2.0
9. Performance Enhancing Drugs	2.0
10. Training Injuries: Natural Treatment	2.0
11. Screening & Diagnostic Tools	2.0
12. Course Summary & Final Exam	2.0
Total	24