THE CENTRE FOR INTEGRATIVE SPORTS NUTRITION

CERTIFICATE OF INTEGRATIVE SPORTS NUTRITION

2020
COURSE HANDBOOK

Course leader: Ian Craig

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Welcome from the course leader

Welcome to the Certificate of Integrative Sports Nutrition course. By studying with us, you have agreed to bring an integrative nutrition perspective into the way that you think about and manage your sporting clients. With this course, we aim to bridge the gap between the practical, quantitative approach of classical sports nutrition and the integrative, body-systems approach of nutritional therapy and functional medicine. Additionally, we believe that if an athlete is to achieve their highest levels of performance, they firstly need to aspire towards optimal health.

An athlete (whether elite or recreational), when contrasted to a lay person, has many extra nutritional requirements to achieve peak condition and as such, we consider the integrative physiology of their body systems, alongside the macro and micro-nutrient requirements for competitive gain, plus the unique requirements of individual athletes and their sports.

The course is designed as a progressive learning experience, starting with a comprehensive study of integrative nutrition within a sporting context, then moving through conventional sports nutrition with a strong integrative slant to it, and finishing with a very specialised module which looks at cutting edge strategies within sports nutrition and particular sports themselves.

We really look forward to meeting you on the course.

To your good health,
Ian Craig

Professionals involved in the course

Ian Craig MSc, CSCS, Dip CNE is a passionate educator in the field of sports nutrition. With his joint academic backgrounds in exercise physiology and nutritional therapy, and a 20-year career as a British middle-distance athlete, he has been developing the concept of integrative sports nutrition since 2007; a fast-evolving discipline that considers both the health and performance of an athlete from an integrative health perspective.

He is the author of *Wholesome Nutrition* and the editor of UK magazine Functional Sports Nutrition, plus he developed and facilitated the Middlesex University's Personalised Sports Nutrition postgraduate course, the Functional Sports Nutrition Academy, and the annual IHCAN Functional Sports Nutrition conference, of which he is conference leader.

Additionally, Ian is a clinical practitioner, based in Johannesburg's Morningside Chiropractic and Sports Injury Clinic (link). His client base ranges from chronic health cases, such as autoimmunity, through recreational and elite athletes, to sports- and lifestyle-induced low-grade chronic fatigue syndrome.

He gained his BSc in Physiology & Sports Science from the University of Glasgow in his native Scotland, his MSc in Exercise Physiology from the University of North Carolina at Greensboro and his BSc in Nutritional Therapy at the Centre for Nutrition Education, validated by Middlesex University in London. Ian is a professional member of the British Association for Applied Nutrition & Nutritional Therapy (BANT) and the British Association of Sport and Exercise Sciences (BASES). www.intsportsnutrition.com; www.thenutritionalinstitute.com; www.facebook.com/intsportsnutrition

Simone do Carmo, MSci, Grad.SENr Simone do Carmo MSci Grad.SENr is a sports nutritionist, exercise physiologist and personal trainer. Simone owns Personal Best Fitness & Nutrition and is based at the Stevenson Building of the University of Glasgow where she works with both recreational and competitive clients, and delivers a variety of nutrition workshops.

Simone is a graduate registrant on the UK Sport and Exercise Nutrition Register and coordinates the Certificate of Integrative Sports Nutrition course. She is a REPS-registered personal trainer, a UK Anti-Doping (UKAD) accredited advisor, and holds Level 1 ISAK accreditation from the International Society for the Advancement of Kinanthropometry.

Simone graduated with a first class, five-year MSci in Physiology, Sports Science and Nutrition from the University of Glasgow in 2016. As an advocate for whole foods and an individualised approach to nutrition, Simone is interested in nutritional strategies to optimise performance, recovery and prevent injuries from an integrative health standpoint. She is the acquisitions editor and writer for the *Functional Sports Nutrition* magazine in the UK and also contributes to the *Sport Science Collective* e-zine in South Africa. With a sporting background in athletics and powerlifting, Simone now enjoys lifting weights and functional training.www.pb-nutrition.com; www.facebook.com/PersonalBestNutrition; www.intsportsnutriton.com; www.facebook.com/intsportsnutrition

Rachel Jesson B.Phys.Ed (Hons) M.Phil. is a health food specialist and an ex-South African triathlete. Her passion lies in food, health and physical fitness. She has a primary focus on practical and extremely healthy meal and snack options for athletes, active people and those who simply want to be healthy. Rachel is the co-author of *Wholesome Nutrition*, within which she focussed on the food sourcing information and the beautiful recipe section, and she contributes regularly to the *Functional Sports Nutrition* UK publication. Therapeutically, within the Nutritional Institute, which she co-founded, she works as a health food coach, helping individuals to put nutritional interventions into a practical, food-focussed form. Academically, she gained her BPhysEd degree in Physical Education from the University of Witwatersrand in Johannesburg and her Masters degree in Sports Science and Psychology from the University of Johannesburg. www.intsportsnutrition.com; www.thenutritionalinstitute.com

Pete Williams M.Med.Sci, AFMedCP, CSCS is part of the changing face of medicine and was part of the first IFM Certified Practitioners group worldwide. He is considered a “clinical innovator” by the Institute for Functional Medicine. Internationally recognised as a thought leader in lifestyle medicine, his current focus is helping organisations to build and sustain corporate wellness culture. www.petewilliams.org; www.facebook.com/petefmed/

Dr Hannah Moir, BSc, PGCE, PhD. completed her PhD in the expression and activation of 5'AMP-Activated Protein Kinase (AMPK) and immune function in aerobic exercise at the Cardiff Metropolitan University (formerly University of Wales Institute Cardiff) in 2009. She is currently Associate Professor in Health and Exercise Prescription at Kingston University, London. Hannah’s current research is on the recovery of muscle damage and inflammation and the association to clinical conditions of diabetes and arthritis. She has a number of peer-reviewed articles in the field of exercise immunology, biochemistry and physiology and provides consultancy for injury, inflammatory conditions and exercise prescription. Hannah is a representative of the Physiological Society, a member of the International Society of Exercise and Immunology, and the European College of Sport Science. Hannah also enjoys playing netball. http://www.kingston.ac.uk/staff/profile/dr-hannah-jayne-moir-70/

Prof. Graeme Close, a former professional Rugby League player, is now Professor of Human Physiology at Liverpool John Moores University where he leads the Sport Nutrition MSc. His research is focused on basic and applied sport nutrition where he has published ~120 papers and review articles. Graeme's current research areas are the effects of vitamin D on skeletal muscle function, the effects of weight-making on health and performance, nutritional strategies to alleviate muscle soreness and the metabolic and nutritional demands of elite rugby. Graeme is accredited with UKSCA, BASES and SENr. He is the deputy chair of SENr and a fellow of BASES and ECSS. Graeme is the expert nutrition consultant to England Rugby, Aston Villa FC, LTA and the Lead Nutritionist for European Tour Golf. Graeme also regularly appears on television (BBC Trust me I'm a Dr, ITV Truth about food) and radio (BBC Radio 4, BBC Radio Merseyside) discussing nutrition for health and sports performance. http://www.closenutrition.com/

Alessandro Ferretti graduated from the Institute of Optimum Nutrition in 2001 and in 2004, formed Equilibria Health Ltd with his partner Jules. With a growing team of nutritionists and a medical doctor, Equilibria Health is now recognised as one of the UK's leading providers of nutrition education. Alex delivers an annual series of UK and US practitioner postgraduate seminars, workshops and masterclasses, both independently and for high quality, supplement manufacturers and other nutrigenomic focused companies. In addition, Equilibria Health Ltd also instigated an ambitious programme of clinical workshops, which has been consistently well received. In recent years Alex has become fascinated by the potential of nutrigenomics, heart rate variability (HRV) and ketogenic clinical applications in both performance and sport. His most recent focus is studying the relationship between HRV and blood glucose levels. www.equilibria-health.co.uk

Andy Blow graduated with a BSc in Sport and Exercise Science from the University of Bath. He has a few top 10 Ironman, 70.3 finishes and an Xterra World Age Group triathlon title to his name. Andy was once the team sports scientist for Benetton and Renault F1 teams in the early 2000s before setting up votwo and establishing the Porsche Human Performance (PHP) Centre in Silverstone. He founded Precision Hydration in 2011 to help athletes solve their hydration issues. They work with elite athletes in leagues such as the Premier League, NFL and NBA, as well as in endurance sports like triathlon, cycling and running. Andy is a regular contributor to sports magazines such as *Trail Running* and *Outdoor Fitness* and has had a 10-year stint with *220 magazine*. www.precisionhydration.com

Ryre Cornish BSc(Hons) MSc completed her Masters degree in nutritional therapy at CNELM, and prior to this she graduated with a bachelor of science in psychology and biochemistry in South Africa. She is the director of Move Nourish Change and works in an integrative clinic in Putney. She uses functional medicine and NLP techniques as the foundation of her work. As a co- founder of Keen Beans, she also heads up educational cooking and wellbeing workshops in the corporate sector. Ryre thoroughly enjoys one-to-one consultations, seeing a variety of clients and her special interests include psychoneuroimmunology, gut health, chronic fatigue, sports nutrition and longevity.
www.movenourishchange.com

Chris Howe BSc MSc Chris joined Kingston University in 2010 as the Exercise Physiology Technician, following the completion of his undergraduate degree in Sport Science with Business in which he gained a first-class classification. He followed this with a Masters by Research degree entitled: 'Validation of Combined Tri-axial Accelerometry & Heart Rate for Predicting Energy Expenditure during Walking in Overweight & Obese Adults'. Chris is now coming towards the end of his PhD research, investigating the physiological and psychological effects of ultra-endurance running. Chris's research specialises in running, ultra-endurance, energetics and extreme environment and has a number of publications to his name and presents his research at leading international conferences.

Chris is also a keen endurance athlete himself, having completed numerous ultra-endurance races; include the 164 km Ultra Trail du Mont Blanc, Ironman Weymouth and the 125-mile Devizes to Westminster Canoe Race. http://www.kingston.ac.uk/research/research-degrees/research-degree-students/profile/chris-howe-37/.

Paul K Ehren has run his personal fitness practice in London/Essex for the last 16 years and is a founding Director of Physical Frontiers, who specialise in the health and performance of bodybuilders/strength athletes and martial artists. He has a Diploma in Personal Training (Masters) and is an Accredited Coach with the National Amateur Bodybuilders Association. He is also an Associate Member of the UK Strength and Conditioning Association and has various other diplomas including sports nutrition, the role of DNA in health and fitness, and exercise and nutritional interventions for obesity and diabetes. Paul remains a competitive athlete and as a Masters Bodybuilder, has won one British title, placing 2nd twice (all UKBFF), along with three South East titles, 3rd place in British Finals and qualifying for the Mr. Universe (all NABBA). He has also represented GB in Europe, winning the team title at the German Open (WABBA). In addition to his normal consultancy work, Paul is expanding his workshops, seminars and educational work over the coming year. www.paulkehren.co.uk

Katherine Caris-Harris is a degree qualified Nutritional Therapist, graduating from CNELM with a First Class honours degree in Nutritional Science, the Nutritional Therapy Practise Diploma and as a certified NLP coach. She is founder of KCH Nutrition which offers 1-2-1 consultations for not only athletes but other highly driven individuals who may be working or training alongside other health problems. Katherine incorporates a holistic approach, looking not only at diet but lifestyle, environment, genetics and behavioural changes where appropriate. As a mother of two teenagers, she understands the challenges many face in juggling all aspects of life in today's busy society and the impact this can have on our health. Katherine is a competitive runner and endurance triathlete, having completed multiple Ironman races and has represented GB in her age group in both European Middle Distance and World Long Distance championship races. She is currently undertaking additional training in eating disorders to complete the Master Practitioner Course in Eating Disorders and Obesity, approved by the British Psychological Society (BPS).
www.kchnutrition.co.uk

Charlene Hutsebaut B.P.E., B.Ed., CSCS is a corporate wellness expert, personal trainer, pilates instructor and writer with over 15,000 client hours and 26 years of experience in the fitness industry. Charlene runs her PT practice at The St. Pancras Hotel, delivers online fitness programmes, creates corporate health initiatives to engage employees and is a sought-after inspirational speaker. In 2015, Charlene was the only UK woman to make the Top 10 Finalists in the Life Fitness Personal Trainers to Watch Competition and won a Mayor of London Volunteer Award for getting her community moving.
www.charlenehutsebaut.com

Rick Miller is a sports performance dietitian, functional medicine practitioner and council member for the British Association for Nutrition and Lifestyle Medicine (BANT). Rick obtained his Masters in Sport and Exercise Nutrition from Loughborough University and completed further published work in mouth-rinsing carbohydrates and running performance. Following employment as a sports nutritionist for various sub-elite and Olympic level teams, Rick qualified as a registered Dietitian from Leeds Beckett University and spent several years in the National Health Service rotating through various specialties. He has supported athletes at several major sports events, and practices from three central London clinics. www.rick-miller.co.uk

Sebastian Böhm is an S&C coach and performance specialist. He currently works as a sports scientist for the professional football club CD Atlético Baleares in Spain. He graduated from Ostfalia University of Applied Sciences with a degree in sports management and from AFSM Salzburg with a degree in exercise science. As an athlete, Sebastian played American football at the highest European level. Due to overtraining after mononucleosis, he struggled with CFS/ME for several years after his playing career ended. This experience shifted his focus to health and recovery of athletes. He holds several licences in S&C and both sports and mental skills coaching, and is an expert on heart rate variability tracking, player monitoring and training load management. As a coach, he has gained experience as a weight training instructor, wide receiver coach in American football and S&C coach in basketball.

Course description

Title:	**Certificate of Integrative Sports Nutrition**
Start Date:	**1 June 2020 and 1 October 2020 (online study)**
Course leader:	**Ian Craig**

Aims
The Centre for Integrative Sports Nutrition aims to bridge the worlds of nutritional therapy/functional medicine and conventional sports nutrition by taking into consideration an athlete's physiological systems of health, and their training, lifestyle and stress patterns. In other words, we aim to understand the unique physical, physiological and psychological requirements of our athletes and treat each of them in a genetically individual and 'functional' way.

The course will be a progressive learning experience, starting from a comprehensive study of integrative (or functional) nutrition within a sporting context, moving through conventional sports nutrition with a strong integrative slant to it, and finishing with a specialised module that looks at cutting-edge strategies within sports nutrition and individual sports themselves.

Pre-requisites
The course is aimed at degree holders, ideally with some experience in the sport and exercise industry. With the goal of the course being to bridge functional nutrition practice with current sports nutrition and sport science practices, we welcome:

- Nutritional therapists, nutritionists and dieticians with a sporting interest
- Functional medicine practitioners with a sporting interest
- Sport scientists and exercise physiologists with a nutritional interest
- Sport nutritionists who wish to learn the functional model in sport
- Highly qualified/experienced personal trainers

Additionally, knowing that many excellent practitioners are not actually degree-qualified, the course is also open to individuals who can demonstrate sufficient prior knowledge.

What qualification do you receive by completing this course?
When you complete the three modules of this course, you will receive a Short Course Certificate of Integrative Sports Nutrition, certified by the Nutritional Therapy Education Commission (NTEC) in the UK.

Additionally, if you belong to either of these professional bodies, you will receive CPD credits:

- The British Association for Nutrition and Lifestyle Medicine (BANT)
- The British Association of Sport and Exercise Sciences (BASES)

PLEASE NOTE - graduates of this course are not qualified to practice nutritional therapy unless they already have a pre-existing nutritional therapy qualification.

Modules 3 and 4 as standalone options
Module 3 changes every year. Because it is set up like a 5-day conference of specialist topics, we also offer it as a standalone option for appropriately qualified individuals - this option comes without CISN certification, but you will gain BANT CPD credits. The same applies to the optional Module 4.

Practitioners Directory

The Certificate of Integrative Sports Nutrition course is an added specialisation and not a standalone practitioner qualification.

After successfully completing the course, students can apply to be included in our Practitioners' Directory. A Graduate Practitioner is someone who has passed the Certificate of Integrative Sports Nutrition 3-module course and demonstrated sufficient experience to apply the learnings of the course within their own practice, subject to their own governing body's guidelines.

Your eligibility will depend on your level of clinical client experience and will be at the course leader's discretion.

Examples where students will not be eligible:

- A university student who has not yet graduated
- A person who undertakes the CISN course out of interest and who is not registered with a professional body to work one-on-one with clients
- Any person that the course leader feels needs more practical experience within the field of sports nutrition based on their case-study assignments

Syllabus

<u>Module 1 – Integrative Sports Nutrition and Health (online)</u>

1. Integrative thinking in sports nutrition, the functional model, timelines, and limitations to science - Ian Craig
2. Individuality and genetics of health, nutrition and performance - Ian Craig
3. Gastrointestinal health specifically in athletes - Ian Craig
4. Detoxification and biotransformation - Ian Craig
5. Endocrine and nervous system disruption, imbalance and fatigue - Ian Craig
6. Musculoskeletal health and inflammation - Ian Craig
7. Exercise immunology and the antioxidant debate - Dr Hannah Moir
8. Energy, bioenergetics, mitochondria and the cardiovascular system - Dr Hannah Moir
9. Functional medicine in sporting practice - Pete Williams
10. A live integrative consultation in action - Pete Williams

<u>Module 2 – Applied Performance Nutrition (online)</u>

1. Calories for a sports person – measurements and limitations - Ian Craig
2. Body composition - measurement modalities and nutritional strategies - Ian Craig

3. Macronutrient needs - carb vs fat discussions, train low-compete high, carb periodisation and nutrient timing - Ian Craig
4. Micronutrient needs - considering nutrient-dense nutrition, assessments and interventions - Ryre Cornish
5. Pre, during and post-exercise nutrition, including sports and recovery drinks and gels - Ian Craig
6. Hydration and electrolytes - Andy Blow
7. Nutrition for hypertrophy from an integrative perspective - Simone do Carmo
8. Calories revisited, the ketogenic diet and genetic individuality - Alessandro Ferretti
9. Overtraining - the bigger neuroendocrine picture, monitoring and recovery - Ian Craig
10. A live performance consultation in action - Ian Craig

Module 3 – Specialised Sports Nutrition (online)

This module is comprised of mostly guest specialists - below is the plan-to-date, but some changes may still be made before the line-up is finalised.

1. Hypertrophy for performance and health/lifespan - Paul Ehren
2. Making weight: a focus on combat sports - Paul Ehren & Simone do Carmo
3. A focus on functional testing for athletes - Katherine Caris-Harris
4. From Paper to Podium: Evaluating the translational potential of sports nutrition research - Dr Graeme Close
5. Business and marketing strategies for the health and performance practitioner - Charlene Hutsebaut
6. Ergogenics and recovery strategies - Matt Lovell
7. Nutritional therapy in practice with athletes - Henrietta Paxton, nutritional therapist
8. Complex case studies, incorporating clinical strategies - Ian Craig
9. Clinical thinking in action - Renee McGregor
10. A live consultation in action - Rick Miller

Module 4 – Natural Sports Cookery (online)

This module is a highly recommended extension to the CISN certificate course, by natural chef Rachel Jesson. This module is not currently compulsory for the overall certificate qualification. Topics include:

1. **The language of intuitive and creative cooking**: cooking for active people with creativity and intuition, strongly focusing on plants; cooking without recipes by including the right brain and all your senses - smell, taste, touch, sight, and hearing.
2. **Energetic nutrition**: understanding the effects of food cultivation, processing, cooking, and preparation on its energetic value; at least 15 different cooking methods will be explained with respect to amplifying the nutritional density of foods - and steaming isn't one of them!
3. **Food sourcing**: how to help athletes to benefit even more from plant consumption, while encouraging ethical animal sourcing; peering through a lens of farming practices, including organic, local and seasonal considerations.
4. **Meal compositions**: designing a meal based on individual needs; discovering the chart of possibilities, meaning that we have near infinite choices when it comes to healthy foods and dishes, and should never become boring…
5. **Sports nutrition**: how to apply the intuitive, creative, energetic methods of natural cookery into a context of the physiological and energetic demands that are placed on an athlete.

6. **Food preparation**: this is the crux of the module - how to pack serious flavour and nourishment into all sorts of dishes, snacks and smoothies; "the proof is in the pudding" - a number of health-based meals, snacks and nourishing sports nutrition examples will be prepared live in front of you.

Learning outcomes and objectives

Module 1 – Integrative Sports Nutrition and Health (online)

1. Acquire a confident understanding of the functional way of working within the context of sports nutrition.
2. Firmly appreciate the importance of focusing on an athlete's health, which will then underpin their performance.
3. Obtain a thorough physiological knowledge of the gastrointestinal tract, digestive challenges faced by athletes, and strategies to help their GI function.
4. Obtain a thorough physiological knowledge of detoxification and biotransformation, the increased challenges faced by athletes, and strategies to help increase liver/detoxification support.
5. Understand the acute and chronic effects of various exercise workloads on the athlete's immune system, the health implications for resistance to bacterial and viral diseases, and strategies to support athlete immunity.
6. Understand musculoskeletal adaptations to various exercise workloads, the importance of musculoskeletal health for optimal performance, and strategies to manage exercise-induced muscle damage, soreness and inflammation.
7. Obtain a thorough physiological knowledge of the endocrine system, how various excessive exercise workloads can disrupt the endocrine system and induce endocrine fatigue, and strategies to support a balanced endocrine system.
8. Obtain a thorough physiological understanding of the cardiovascular and pulmonary responses to exercise, human energy systems, their interactions and relevance to different sports. Appreciate a holistic and integrative approach to the concept of fatigue.
9. Understand the role of both the sympathetic and parasympathetic nervous systems in an athlete's health and performance, and strategies to support a balanced nervous system.
10. Apply integrative sports nutrition learnings in a consultation.

Module 2 – Applied Performance Nutrition (online)

1. Recognise ACSM guidelines, calculate energy requirements for an athlete and critique the limitations of assessing energy requirements.
2. Develop strategies to manipulate an athlete's body composition taking into account beyond-calorie considerations such as blood sugar regulation, stress hormones, female hormones and more.
3. Understand macronutrient requirements for an athlete in a genetically individual way, and provide strategies to periodise macronutrient intake in certain sporting scenarios.
4. Understand micronutrient requirements for an athlete, the importance of nutrient-dense nutrition, measurements of micronutrient status and strategies for micronutrient nourishment.
5. Assess the evidence behind nutrient timing and develop individualised pre-, during and post-exercise nutrition strategies, viewing historical and current research information.

6. Understand the importance of hydration for an athlete's health and performance, use hydration guidelines and devise strategies to meet an athlete's hydration requirements.
7. Understand the physiological mechanisms of hypertrophy and how to support hypertrophy through individualised nutrition and supplemental strategies.
8. Appreciate the importance of genetic individuality in relation to the ketogenic diet for athlete health and performance.
9. Obtain a thorough physiological understanding of overtraining (and other physiological imbalances), learn how to assess and monitor overtraining, and strategies for prevention and recovery.
10. Demonstrate applied performance nutrition learnings in a consultation.

Module 3 – Specialised Sports Nutrition (online)

This is a working template of learning outcomes.

1. Develop integrative strategies for hypertrophy and recognise its role in both performance and health.
2. Develop pre- and post-competition nutritional strategies for weight-making sports.
3. Understand the potential of functional testing within a sporting context.
4. Learn how to translate innovations in research to develop practical interventions for athletic performance.
5. Develop individualised business and marketing strategies for health and fitness professionals.
6. Develop monitoring, nutrition and lifestyle strategies for recovery.
7. Obtain a thorough physiological understanding of ergogenic aids that can directly assist athletic performance.
8. Appreciate the complexity of certain case studies and understand how to incorporate clinical strategies in practice.
9. Understand how to apply integrative sports nutrition within specific sporting contexts.

Module 4 – Natural Sports Cookery (online)

This module is not compulsory. It will focus on applying theory to practice with recipe demos by lead lecturer Rachel Jesson and discussions around important topics such as food sourcing. Outline of learning outcomes to be confirmed soon.

Benefits for you

- Learn aspects of nutritional therapy and functional medicine that are relevant to sport and exercise and apply them in practice.
- View the body as an integrative system that interacts with the exercise, nutrition and lifestyle choices that we make.
- Lead the crowd - functional medicine started off as a small-scale, alternative medical modality and is now practiced widely in many countries. In years to come, the same may be true of this new paradigm within sports nutrition.
- Equip yourself with the skills to work with athletic individuals at a deep physiological level and with a very healthy respect for genetic individuality.
- Learn beyond-calorie strategies to manipulate body composition.

- Learn how to recognise health dysfunctions that an athlete can face and how to design interventions to help manage their challenges.
- Learn how to recognise, assess and monitor overtraining, as well as strategies for prevention and recovery.
- Learn how to develop pre-, during- and post-exercise nutrition and hydration guidelines for the individual athlete, including periodisation in certain sporting scenarios.
- Recognise sport-specific nutritional considerations and ergogenic aids that can directly or indirectly assist athletic performance.
- Access some of the most forward and lateral-thinking minds in international sports nutrition and functional medicine.
- Increase your sports nutrition credibility.
- Join a forum of like-minded individuals.
- Justify an increase in your hourly rate based on an additional skill set.

Learning materials

This list is in process of being populated

- McArdle WD, Katch FI and Katch VL (2015). *Exercise Physiology: Nutrition, Energy, and Human Performance*. 8th edition. Wolters Kluwer Health - Lippincott, Williams and Wilkins.
- Jeukendrup & Gleeson (2019). Sport Nutrition. 3rd edition. Human Kinetics.
- Jones D (2006). *Textbook of Functional Medicine*: Institute of Functional Medicine.
- Selected journal reading before and during each module.

Course duration and mode of delivery

Update: due to COVID-19 restrictions, all modules are online only.

For certification (Modules 1, 2 and 3)

Total hours of guided learning – 157 hours
Online attendance – 100 hours (30 hours per module).
Guided distance learning – 12 hours (4 hours per module) - webinars
Self-guided learning – minimum of 45 hours (15 hours per module) - reading and study are expected before and after each module, including time to write assignments for each module.

With non-compulsory Module 4

Total hours of guided learning – 206 hours
Online attendance – extra 30 hours (130 hours total)
Guided distance learning – extra 4 hours (16 hours total)
Student open learning – minimum extra 15 hours (60 hours total)
In addition, for each module, there will be one Zoom online meeting and one webinar before and one Zoom online meeting and one webinar after the module. Unless formally agreed otherwise, you are expected to have a 75% attendance rate (9 out of the 12) for all meetings and webinars. Failure to do so will result in deductions from your final grades – see below.

We will also set up optional weekly online tutorial meetings so you have access to your peers and lecturers/facilitators to have your questions answered.

Online study – 2020 enrolment dates: We have two intake periods each year for online study:

- **Intake 1**: 1st of June 2020
- **Intake 2**: 1st of October 2020

Each online module will be completed in 10-week cycles. The general layout for each module:

Week	Content
1	Online meeting with tutors to introduce course and pre-course reading
2	Webinar and pre-course reading
3	Online self-study with formative assignment submission in week 7 for Modules 1 and 2*
4	
5	
6	
7	
8	Webinar
9	Online meeting with course tutors to recap learning and to discuss summative assignment
10	Summative assignment*

*There is no formative assignment for Module 3. The summative assignment for Module 3 will be submitted within eight weeks of week 9 as it involves a real case study.

Assessment methods and deadlines

Your formative assignments will be used as an aid to your learning, as we will provide you with constructive feedback, but will not formally grade the assignment. We highly recommend that you complete the formative assignments as they have been designed to help you optimally achieve on your summative assessments.

Module 1

Formative assignment: create a functional medicine matrix and timeline based on yourself.

Deadline for online intake 1: 26 July 2020
Deadline for online intake 2: 22 November 2020
Summative assignment: a long-answer, case-study type question on a sporting health scenario.

Deadline for online intake 1: 16 August 2020
Deadline for online intake 2: 13 December 2020

Module 2

Formative assignment: create a pre-, during- and post-exercise nutrition strategy for yourself based on a particular exercise session.

Deadline for online intake 1: 11 October 2020
Deadline for online intake 2: 7 February 2021

Summative assignment: a long-answer, case-study type question on a sporting performance scenario.

Deadline for online intake 1: 1 November 2020
Deadline for online intake 2: 28 February 2021

Module 3

There is no formative assignment for this module.

Summative assignment: create a real case study based one of your own clients (or a volunteer if you're not yet in practice) and write up your initial consultation plus one follow-up consultation.

Deadline for online intake 1: 5 March 2021
Deadline for online intake 2: 1 July 2021

Module 4

There are no formal assignments for this module since it is not compulsory for certification.

Grading system

Pass: 50+% is required in terms of academic standard, but you also need to demonstrate clinical competency (i.e. safety) with regard to the advice offered to your case study client.
Merit: 60-69%
Distinction: 70+%

Grading categories

1. Formative assignments (Modules 1 and 2): compulsory to complete, but not graded
2. Summative assignments: account for 90% of total course marks
    a. Module 1: 25% out of 90%
    b. Module 2: 25% out of 90%
    c. Module 3: 40% out of 90%
3. Webinars: account for 10% of total course marks (for at least 75% attendance i.e. 9 out of 12 webinars)
4. Quizzes: compulsory to complete and required to meet minimum standard, but not graded

Extensions and missed/late assignments or webinars (beyond the 75% attendance)

If you know you will miss a graded activity due to a life circumstance (accepted at CISN's sole discretion), you must let us know at least 24 hours in advance by completing an extension form (downloadable on Moodle) and email it to course coordinator Simone do Carmo.

If you fall behind in your assignment submissions and they are not submitted by the agreed date, 1 point per day will be deducted from their grade.

If you fail a graded activity (i.e. score below 50% or do not display clinical competency), you may resubmit once. However, your resubmitted work can only be awarded a Pass, not a Merit or Distinction.

Referencing style

For your summative assessment in Module 3, you should include references that are carefully selected and chosen to best represent the nutrition intervention(s) you have implemented. You do not need to reference standard biochemistry or pathology unless it is directly linked to a rationale for intervention. More references are not necessarily better when justifying a clinical report. We are looking to see that you can appropriately select references to justify the nutrition intervention.

The style of referencing is a **modified Vancouver style**. References should be numbered in the order in which they appear in the text:

- In-text citations are numbers in brackets (1). Citation numbers in brackets go at the end of sentences before the full stops or they can be included in the sentence (2); before commas (3), semi-colons and the like.
- At the end of the article, the full list of references should follow the modified Vancouver style (see example below).
- List all authors where there are two (or fewer); when there are three or more, list only the first ONE and add "et al".
- The authors' names are followed by the year of publication; the title of the article; the title of the journal (abbreviated if available) in italics; the volume number; and the first and last page numbers.
- References to books should include the names of any editors; year of publication; title of the book in italics; name of publishers; and place of publication.
- References to websites should direct the reader to a specific web page and include the date you accessed it. List the author and title of the information that you're referring to if this is available.

Examples:

- Kreider R et al (2017). International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. *J Int Soc Sports Nutr*. 14:18.
- McArdle WD, Katch FI and Katch VL (2015). Exercise Physiology: Nutrition, Energy, and Human Performance. 8th edition. Wolters Kluwer Health - Lippincott, Williams and Wilkins.

- Carlson (2006). Athlete's Performance Nutrition Program: Bridging Science and Reality. International Society of Sports Nutrition, Las Vegas. Available at: www.sportsnutritionsociety.org/conference_presentations/ISSNConferenc e_200606_Carlson.pdf [Accessed 12 Oct 2009].

Support for learners with learning support needs

Extra time for assessments - all your assignments are homework-based, rather than classroom examined, so you can take as long as you need within the specified time frame to complete your assignments. We will also be sympathetic within reason to any need to extend your submission dates.

Support with reading and completion of assessments – If you have certain learning needs (e.g. dyslexia), you may ask someone to help you read questions/write answers for you. Producing audio/video instead of written answers to the assignments will also be permitted. In the case of dyslexia, the course material, instead of being presented on a white background, can be changed to cream or pastel-coloured backgrounds as required.

All of the presented course material will be professionally filmed and edited (webinars and live lectures/workshops). These recordings will be made available to all students, meaning that if you have learning support needs, you can replay the presentations at your own leisure.

Prior to the start of each module, reading materials in the form of journal articles and online resources, will be given out approximately one month in advance so you're able to revise the topics well before the actual presentation. This means that the material will not be totally new to you and you will be able to derive maximum benefit from the presentations and ask pertinent questions.

One-to-one support will be supplied as needed - the live course in London will be a small class size, so there will good tutorial support available for you from programme founder Ian Craig and course coordinator Simone do Carmo. The same will apply to the online course as numbers will be limited so we can provide sufficient tutorial support.

We also run an online discussion forum on a closed Facebook group so that you can discuss topics with other students and your tutors and lecturers. This forum will be particularly active during assignment times.

Complaints and appeals procedure

We are committed to providing you with a high-quality educational experience. If you wish to appeal against a grade, have an issue that warrants our attention, or you're dissatisfied with any aspect of the course, please contact us. We are also keen to learn from any appeals and complaints we receive.

The procedure for any appeal or complaint is to firstly contact the course coordinator, Simone do Carmo, who will send you an appropriate form to complete. This form will then be reviewed by the course leader, Ian Craig. Although Ian's decision is final, he will certainly do his utmost to resolve the matter to your satisfaction.

Cancellation and refund policies

After signing the Enrolment Agreement and paying for the course, either in full or as part of a payment plan, you are eligible for a full refund if you choose to cancel until one week before the first module of the course begins, subject to a £150 cancellation charge.

Deposits and all paid tuition are refundable according to the following schedule:

- Within the first 10% of the programme (between lectures 1a and 2a of Module 1) = 90% refund less cancellation charge
- After 10%, but within the first 50% of programme (up to lecture 3a of Module 2) = 50% refund less cancellation charge
- After 50% of the programme = no refund

All refunds will be made within 30 days of the termination date. The official termination or withdrawal date of a student is determined as follows:

- The date on which CISN receives notice of the student's intention to discontinue the course; or
- The date on which the student violates published policy, which provides for termination.
- Should a student fail to return from a leave of absence by the agreed date, the effective termination date for that student is the earlier of the date on which CISN determines the student is not returning or the day following the expected return date.

Postponement of a start date must be requested by emailing course coordinator Simone do Carmo. This will require a written amendment to the Enrolment Agreement, signed by the student and CISN. If the course does not commence, or the student fails to attend by the new start date specified in the amendment, the student will be entitled to a refund of the prepaid tuition fees within 30 days of the deadline in accordance with CISN's refund policy.

Course concessions

You may be eligible for a significant discount on the course if you belong to certain organisations, or are a student in a related discipline, or if you refer a friend or colleague to the course. Below are the discounts currently being awarded - these discounts also apply to the early bird special if you book early enough:

- British Association for Applied Nutrition & Nutritional Therapy (BANT) members receive a 10% discount.
- British Association of Sport and Exercise Sciences (BASES) members receive a 10% discount.
- A 10% discount is awarded for referrals of friends or colleagues to the course.
- Students in the final year of their undergraduate degree or who are studying at postgraduate level in a related discipline qualify for student rates.

Tutor and IT support availability

During the time that you are enrolled on this course, you will have full contact with your tutors: course coordinator Simone do Carmo and course leader Ian Craig. If you have logistical questions, you can send an email to Simone and if you have questions about course content, you can send an email to Ian.

Additionally, if you have a question for one of the other lecturers, you can send an email to Simone, who will forward your email to the lecturer in question, and she will endeavour to get an answer for you as soon as possible.

If you have any IT-related issues, you can email IT project manager and support, Helder Goncalves.

Contact details

Course founder and leader: Ian Craig
+27 11 326 1243
ian@intsportsnutrition.com

Course co-developer and coordinator: Simone do Carmo
+44 (0)74 7112 4096
simone@intsportsnutriton.com

IT support: Helder Goncalves
helder@intsportsnutrition.com