



Schedule planner

Short Course in Integrative Sports Nutrition

Intro session

Overview of the course and intro to Moodle platform

Homework

Readings and watch two videos

Week 1 - Session 1

Presentation and case-study workshop

Homework

Reflection exercise, readings and watch three videos

Week 2 - Session 2

Discussion of reflection exercise, presentation and case-study workshop

Homework

Reflection exercise, readings and watch two videos

Week 3 - Session 3

Discussion of reflection exercise, presentation and case-study workshop

Session 4

To book

One-on-one session with Ian to discuss career progression within sports nutrition

