# Schedule planner

## Module 1: Integrative Body Systems in Sports Nutrition

| | |
|---|---|
| *Intro session* | Overview of the module and introduction to the Moodle platform |
| *Session 1* | Lecture 1 tutorial – Integrative model |
| *Session 2* | Lecture 2 tutorial – Genetics |
| *Session 3* | Lecture 3 tutorial – Gastrointestinal |
| *Session 4* | Lecture 4 tutorial – Detoxification<br>Formative assignment brief |
| *Session 5* | Lecture 5 tutorial – Musculoskeletal |
| *Session 6* | Lecture 6 tutorial – Immunology<br>Summative assignment brief |
| *Session 7* | Lecture 7 tutorial – Neuroendocrine |
| *Session 8* | Lecture 8 tutorial – Bioenergetics |

# Schedule planner

## Module 2: Applied Performance Nutrition

| | |
|---|---|
| Intro session | Overview of the module |
| Session 1 | Lecture 1 tutorial – Calories |
| Session 2 | Lecture 2 tutorial – Body composition |
| Session 3 | Lecture 3 tutorial – Macronutrients |
| Session 4 | Lecture 4 tutorial – Micronutrients<br>Formative assignment brief |
| Session 5 | Lecture 5 tutorial – Pre-, during & post-exercise nutrition |
| Session 6 | Lecture 6 tutorial – Hydration<br>Summative assignment brief |
| Session 7 | Lecture 7 tutorial – Overtraining |
| Session 8 | Dynamic action learning workshop of performance nutrition |

THE CENTRE FOR INTEGRATIVE SPORTS NUTRITION

WHERE HEALTH FEEDS PERFORMANCE

# Specialty module schedule planner example

**(2 specialty modules chosen for Certificate course)**

## Hypertrophy for Sport and Exercise

| | |
|---|---|
| *Intro session* | Overview of the specialty unit |
| *Session 1* | Lecture 1 tutorial – Hypertrophy and exercise training |
| *Session 2* | Lecture 2 tutorial – Nutrition for muscular hypertrophy |
| *Session 3* | Lecture 3 tutorial – Nutritional ergogenic support for hypertrophy |
| *Session 4* | Dynamic action learning workshop of hypertrophy for sport and exercise |