



Schedule planner

Short Course in Integrative Sport and Exercise Nutrition for Exercise Professionals

(24 October - 21 November 2025)

Intro session

24 October
@10am UK time
@7pm Sydney time

Overview of the course

Homework

Macros, micros and phytos: readings, watch videos and reflection exercise

Workshop 1

31 October
@9am UK time
@7pm Sydney time

Q&A and case-study workshop

Homework

Applied performance nutrition: readings, watch videos and reflection exercise

Workshop 2

7 November
@9am UK time
@7pm Sydney time

Q&A and case-study workshop

Homework

Specialty sports nutrition: readings, watch videos and reflection exercise

Workshop 3

14 November
@9am UK time
@7pm Sydney time

Q&A and case-study workshop

Session 4

To book

One-on-one session with tutor

