



Certificate in Dietary Coaching: Sports Nutrition - Lecture Plan 2009

WEEKEND	Lecture & Home Study Content	
	Saturday (9.00am-5.00pm)	Sunday (9.30am-.4.30pm)
LECTURE WE1; MODULE 1 19 th & 20 th September Venue: Our Lady's Hospice, Harold's Cross	Western diet and lifestyle: its affects on health Different systems of the body and how they work together The affects of diet on common disorders Consultation demonstration	
LECTURE WE 2; MODULE 2 PART 1 17 th & 18 th October Venue: Our Lady's Hospice, Harold's Cross	The Basics of Nutrition; the micronutrients	
LECTURE WE 3; MODULE 2 PART 2 21 st & 22 nd November Venue: Our Lady's Hospice, Harold's Cross	The digestive system: common digestive disorders and supporting digestive health Cellular metabolism The Basics of Nutrition; the macronutrients	
LECTURE WE 4; MODULE 2 PART 3 12 th & 13 th December Venue: Our Lady's Hospice, Harold's Cross	The Basics of Nutrition; the macronutrients	
LECTURE WE 5; MODULE 2 PART 4 9 th & 10 th January Venue: Our Lady's Hospice, Harold's Cross	The Basics of Nutrition; food groups, phytonutrients and antinutrients	
LECTURE WE6: MODULE 3 27 th & 28 th February Venue: Our Lady's Hospice, Harold's Cross	Nutritional Therapeutics; detoxification	
LECTURE WE 7; MODULE 4 27 th & 28 th March Venue: Our Lady's Hospice, Harold's Cross	Overweight and obesity: different diets and their effects on weight loss and health Planning dietary and lifestyle programmes: including food groups in an individual dietary programme Novel foods and basic supplements Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking etc Consultation demo and practical exercises	
LECTURE WE 8; MODULE 5 PART 1 24 th & 25 th April Venue: Our Lady's Hospice, Harold's Cross	The physiological effects of exercise The nutritional requirements of sports enthusiasts and athletes Nutrition for sports related conditions Nutrition for increasing energy	
LECTURE WE 9; MODULE 5 PART 2 22 nd & 23 rd May Venue: Our Lady's Hospice, Harold's Cross	Supplements and herbs for sports enthusiasts Producing dietary and lifestyle programmes for sports enthusiasts	
COOKING DEMO 12 th OR 13 th June Venue: TBC	Putting together a healthy meal Sourcing and creating recipes and meal plans Cooking demo	
LECTURE WE 10; MODULE 6 26 th and 27 th June Venue: Our Lady's Hospice, Harold's Cross	Counselling skills Practical exercises Dietary counselling for sports enthusiasts and obesity and overweight	