

1 Day Short Course

Sports Nutrition

Boost athletic performance with personalised nutritional information

This short course is accredited with Fitness Australia and is worth 8CEC points



As a personal trainer I am frequently asked for nutritional advice. This short course provided me with the information I needed to confidently answer my clients' questions ”

An athlete's dietary regime plays a vital part in accomplishing goals, as it allows the athlete to reach and maintain optimum sporting performance. Pushing the physical boundaries to become an elite athlete places a great deal of stress on the human body.

Sports Nutrition aims to provide information on how to design and maintain an individualised diet plan that will boost health, growth and peak physical performance. This one day workshop is a valuable guide for students and practitioners whose aim is to guide athletes by applying cutting edge nutritional strategies in order to optimise training sessions, performance capability and recovery times.

WHAT YOU WILL LEARN

Over one day participants will learn:

- How nutrition can help athletes
- Different types of performance foods and performance hints
- Understand energy and strength management for different sports and how to overcome fatigue
- Have a more concise understanding of male VS female athletes, nutrition for young athletes, drugs in sport and natural remedies to enhance performance.

1 Day Short Course 9am to 5pm

Sydney

27 November 2011
18 December 2011
5 February 2012
15 April 2012
17 June 2012

Brisbane & Melbourne

11 February 2012
15 April 2012
17 June 2012

Adelaide

11 February 2012
15 April 2012

2 Evening Sessions 5:30pm to 9pm

Sydney

22 & 29 March 2012

Cost

Public Price
Endeavour Student Price

\$195
\$150

To book please fill out the form on the back

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DATE (Select your course date) – There are two delivery options available for this course for your convenience:

Option 1

1 Day Short Course 9am to 5pm

Sydney

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15 April 2012

17 June 2012

Brisbane

11 February 2012

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17 June 2012

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11 February 2012

15 April 2012

17 June 2012

Adelaide

11 February 2012

15 April 2012

Option 2

2 Evening Sessions 5:30pm to 9pm

Sydney

22 & 29 March 2012

YES – BOOK A PLACE FOR ME!

Contact Name

Address

Phone

Email

Date of Birth

Student Number (if applicable)

Credit Card type: Visa Mastercard My cheque is enclosed

Cardholder's Name

Signature

Credit Card Number

Expiry date /

BOOK ONLINE

www.shortcourses.endeavour.edu.au/estore or call 1300 462 887

Email: shortcourses@endeavour.edu.au

COST

Public Price

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Endeavour Student Price

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CANCELLATION POLICY

Payment must be made upfront for any Endeavour Learning Group face to face or online Short Course booking. Bookings without payment are not considered secure bookings. Bookings that require an invoice will only be considered 'firm' for the term of that invoice.

Endeavour Learning Group reserves the right to cancel, close or reschedule short courses. In the event of Endeavour Learning Group cancelling or rescheduling a course, participants have the option of transferring their booking to an alternative date or transferring to a different course of equal value.

In the event that you are unable to attend you are eligible to transfer to an alternative date or course of equal value or send a substitute in your place however no refunds will be issued.

Short Course prices are correct at the time of publication.

Discover the future of wellbeing

www.endeavour.edu.au

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