

# Nutrition for optimum sports performance and health

## 5 Day Workshop

This 5 day workshop enables the student to develop an understanding of the physical and psychological effects of exercise on the body systems, and how a personalised nutrition approach can play a part in enhancing individual athletic performance while maintaining optimum health. Students will learn the principles of macronutrient fuelling, as well as the importance of nutrient timing, hydration and micronutrients for both the recreational athlete and the elite performer. The module will provide an opportunity to critically review and appraise the latest scientific research into current guidelines for exercise and sport, as well as ergogenic aids, while recognising the importance of the individual.

### Content

- Effects of exercise on the body systems
- Guidelines for macronutrients
- Nutrient timing
- Importance of micronutrients
- The use and safety of ergogenic aids
- Critical evaluation of current sports nutrition evidence and guidelines

This can also be accessed as a 20 credit module (NUTH4025 Nutrition for optimum sports performance and health). Please contact [m.harris@worc.ac.uk](mailto:m.harris@worc.ac.uk) for further information.

### Target audience

This workshop is suitable for qualified Nutritional Therapists, and other health care practitioners and professionals e.g. Sports Medicine Physicians, Physiotherapists, Chiropractors, Sports Therapists, Sports & Exercise Scientists and Biologists.

*In any given year the availability of conferences, events and study days will depend on delegate numbers. In the event of a conference, event or study day not being run due to a low number of delegates registering, delegates will in these circumstances be offered a full refund.*



CPD recognised: 28 BANT CPD hours

### Workshop Tutor

Miranda Harris

### Dates

12 – 16 June 2018

(Tuesday – Saturday)

(10.15 – 17.15)

### Venue

University of Worcester

### Workshop Fee

£420

### For details on availability and how to apply:

Joanne Fleet  
Tel: 01905 855147  
Email: [j.fleet@worc.ac.uk](mailto:j.fleet@worc.ac.uk)

All students employed by a Worcestershire NHS Trust or Wye Valley NHS Trust have to complete a study leave form (or equivalent) if they want (a) to study in work time, or (b) want the Trust to fund or part fund the course, or both. Upon receipt of your approved trust study leave form you will receive notification that your place is booked. If you attend these days without an approved study leave form you will be charged.