



Sports Nutrition

⇒ Course 01: Sports Nutrition Course Level 3

- Introduction to Nutrition
- The Role of Nutritionist
- The Digestive System
- Nutrients for Life – Macronutrients
- Nutrients for Life – Micronutrients
- Nutrition Requirements for Adults and Various Groups
- Healthy Dieting
- Weight Control Management
- Weight Loss Management
- The Day of Competition
- Replacing Nutrients After Competition

⇒ Course 02: Ketogenic Diet

- 3 Benefits of Going Keto
- 3 Best Foods for Keto Diets
- 3 Easy Ways to Start Eating Keto Today
- 3 Keto Myths to Stop Believing Today
- 4 Reasons to Go Keto Now
- 5 Foods to Avoid on Keto
- An Easy Way to Lose Weight without Thinking about It
- Keto A Safe Alternative to Fasting
- Keto and Intermittent Fasting Fast and Easy Results
- Ketosis Made Easy

⇒ Course 03: Immunity Boosting Food

- Introduction to Boosting Your Immune System
- Nutrition for Your Immune System
- Disease Fighting Foods
- Pre & Pro-Biotics - Crucial to Your Health
- Top 10 Immunity Boosting Foods
- Final Thoughts & Tips

⇒ Course 04: Nutrition and Health Level 2

- Introduction to Nutrition
- Nutrients for Life – Nutrients for Life Macronutrients
- Nutrients for Life – Micronutrients
- Nutrition Requirements from Pregnancy to Teenage
- Nutrition Requirements for Adults and Various Groups
- Healthy Dieting
- Eating Disorders
- Diet and Nutrition Related Diseases
- Use of Nutrition in Different Illnesses/Diseases
- Weight Control Management
- Weight Loss Management
- Basics of Ketogenic Diet
- The Role of Nutritionist

⇒ Course 05: Food and Mood: Improving Mental Health Through Diet and Nutrition

- Introduction to Food & Mood
- The Relationship between Nutrition and Mental Health
- The Second Brain: Trust Your Gut
- Diet and Mental Health in Adults
- Trends in Food Consumption and Mental Health
- Stress Can Make You Fat
- Disorders of Mood and Behaviour

⇒ Course 06: Sports Therapy

- Introduction to Sports Therapy
- Professionalism and Ethics of Sports Therapy
- Anatomy & Kinesiology
- Assessment of Sports Injuries
- Sports Injuries Depend on Sports Profile
- Common Sports Injuries
- Major Sports Injure
- First Aid Treatment
- Sports Nutrition
- Rehabilitation Exercise
- Sports Massage Treatments
- Hydrotherapy & Electrotherapy

⇒ Course 07: Sports Medicine Fundamentals

- Sports Medicine
- Careers in Sports Medicine
- Top Ten Common Sports Injuries
- Common Sports Medicines
- Nutrition and Weight Management
- Medical Problems Faced by Athletes
- Sports and Exercise
- Imaging in Sports Medicine
- Performance Enhancement
- The Future of Sports Science

⇒ Course 08: Hydrotherapy

- Introduction to Hydrotherapy
- Anatomy and Physiology Review
- Types of Hydrotherapy
- Effects of Hydrotherapy
- Conditions Treated with Hydrotherapy
- Hydrotherapy for Shoulder and Lower Limb
- Hydrotherapy for Animals

⇒ Course 09: Sports First Aid Complete Training

- Introduction to Sports First Aid
- Initial Assessment
- Life-Saving Priorities
- Common Injuries
- Major Injuries
- Environmental Injuries
- Medical Emergency
- Things to Keep in Mind

⇒ Course 10: Biohacking Your Physical and Mental Health

- Introduction
- Sleep – So MUCH More Than Just Rest
- Blue Light & Red Light
- Mindfulness & Movement
- What You Put In Your Mouth is KEY!
- Hidden Secret – “Cryotherapy”
- Importance Of PURE Air
- Final Thoughts

⇒ Course 11: Personal Hygiene

- Introduction to Personal Hygiene and a Brief History
- Looking Clean, Smelling Clean
- Improving and Maintaining Oral Health
- Care of the Eyes
- Ear Care Secrets
- Foot & Nail Care in Personal Hygiene
- Hair Care Hygienic Ways
- Hygienic Approach to Skin Care
- Maintain Good Toilet Hygiene
- Potential Hygiene Guidelines
- Personal Hygiene During Coronavirus Pandemic



Thank You