

Free Sports Nutrition Care Manual

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Certificate 2 is issued by ABC Awards: Level 3 Sports Nutrition Certificate of Achievement At the end of this course successful learners will receive a Certificate of Achievement from ABC Awards and Certa Awards and a Learner Unit Summary (which lists the components the learner has completed as part of the course).

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Sports nutrition focuses on good eating habits all the time, but also may focus on carbohydrates. For example, athletes training for endurance events may eat more carbohydrates in their diets in the days before the event to boost their energy and performance. Protein for muscle repair and growth is another important aspect of sports nutrition.

~~Fitness Sports nutrition - Mayo Clinic~~

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Level 3 Sports Nutrition Diploma Module 8 – Before, During and After Exercise There is a rise in participation in sporting activities and events from fun runs to the more demanding marathons. The nutritional needs before, during and after exercise, highlighting the best food and drink choices at specific times of the day are assessed in detail.

~~Level 3 Sports Nutrition Diploma – Oxford Learning College~~

Nutrition is the study of this relationship between food and biological processes. So, if you're curious about whether you are what you eat, an online nutrition course could be the right choice for you. For those who already have an understanding of the basics of nutrition, a more detailed course or program might be more suitable.

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