



Principles of Sports Nutrition

Student Education Program



CHI Sports Nutrition Education Program

Course Title: Principles of Sports Nutrition

Course Hours: 24 – 12 weeks (12 - two hour sessions)

Course Prerequisites: English comprehension; computer skills

Student Benefits, Certification & Entitlement

Successful students receive a CHI Certificate of Completion. Students can expect to receive professional high quality sports nutrition education from a qualified CSNA Master with an approved CHI Teaching Certificate.

All information presented is based on current science and ongoing research.. This is an intro course designed for mainstream understanding. It presents and explains basic sports nutrition principles that are essential to comprehend. Course completion also prepares students for entry into the CSNA education program.

Course Description

This introductory course will review sports nutrition as an art and science. The course will cover essential principles that influence athletic performance, exercise recovery, cellular immunity, prevention of disease, energy transfer, food quality, general health, age-related loss of lean mass and biological function.

The course is designed as an elective for health advisors, wellness consultants, fitness athletes, health food store retailers, supplement distributors, fitness professionals, physical education teachers, coaches, therapists, massage therapists, chiropractors and athletic therapists. It is highly recommended to individuals with an interest in sport, anti-aging, general health and fitness.

Course Objectives

The course is designed to enhance student comprehension of sports nutrition, fitness and alternative health care for personal and professional application. It integrates the philosophy of biological medicine with exercise science and promotes the use of dietary supplements in conjunction with organic whole foods. The course will teach students how to prevent disease and stay well life-long.

In addition to enhancing scholastic aptitude and preparing the student for entry into the sports nutrition, health and fitness field, this introductory program will serve as a personal health-care guide.

The course objective is to equip each student with the information and knowledge required to physically condition, care for and nourish their own body. The course will provide direction as a wellness strategy and bridge the gap between fitness and nutrition.

Students will learn the following:

- The Art and Science of Sports Nutrition
- The Philosophy of Wellness as a Lifestyle Strategy
- The Purpose of a Personal Fitness Assessment
- Muscle: The Health Engine of the Body
- How Health Is Defined In Alternative Medicine
- How Energy Is Transferred from Food to the Body
- The Difference between Carbohydrates, Fats & Proteins
- The Importance of Clean Air, Pure Water, Fresh Juice, Whole Foods, Natural Light, Physical Exercise, Personal Hygiene, Periodic Cleansing, Adequate Rest & Sleep and Nutritional Supplements
- How Natural Whole Food Can Heal the Body and Work as a Natural Medicine
- The Athlete's Food Pyramid: The Role of Nutrition in Exercise and Sport
- How to Use Dietary Supplements Effectively
- How Natural Health Products Can Influence Health, Energy, Performance & Exercise Recovery
- Principles of Body Typing & the Concept of Biochemical Individuality
- Resistance Training and Functional Exercise
- Management of Weight and Body Composition
- The Psychology of Drug Use and Abuse in Sport
- How to Stay Motivated & Focused on Health & Wellness

Course Format

Students will receive a complete course study outline for insertion into a binder of their choice. Course information to be presented by a CSNA Master and CHI Approved Teacher in a local classroom style environment.

Specific instructional methods include the following:

1. Instructor lectures
2. Audio book – MP3 digital format
3. Power Point presentation
4. Online audio tutorials - MP3 digital format
5. Student/Teacher group discussion – Q & A

Course Materials

1. Recipe For Health – Audio Book (CHI online download)
2. Student Course Outline
3. Power Point Slides for note taking
4. Athlete’s Food Pyramid Guide (8.5” x 11”)
5. Username/Password for online access – CoryHolly.com

Course Evaluation

Students are required to submit an open book multiple choice exam at the beginning of Sessions 2-11. Exams are based on previous lectures given by Instructor and audio homework assignments (Recipe For Health audio book and selected online tutorial(s)). Each student is required to write a final supervised exam.

Final grade is based on classroom attendance, completion and submission of ten (10) student exams consisting of ten multiple choice questions and a final written supervised exam.

Multiple Choice Exams	50%	100 points
Final Exam	50%	100 points

Students must complete all course requirements to receive a CHI Certificate of Completion and credit for this course. The student’s final grade will be based on the following grading distribution*

A+	95% or more	C+	65-69
A	90-94	C	60-64
A-	85-89	C-	55-59
B+	80-84	P	50-54
B	75-79	NC	0-49
B-	70-74		

**This scale corresponds to the current grading formula for University and Colleges in British Columbia, Canada*

Course Enrollment Procedure & Student Tuition Information

Students must register in advance online, by email or phone

Instructor: CSNA Master

Website

Email

Telephone

Location:	Such & Such Fitness Center/Hotel/Meeting Room/Venue/School
Course Duration:	12 weeks – 1 two-hour session per week
Start Date :	May 2nd , 2009 Saturday 11:00 am (example only)
End Date :	July 18th, 2009 Saturday 11:00 am
Times:	Sat May 02 11:00 am -13:00 pm Sat May 09 11:00 am -13:00 pm Sat May 16 11:00 am -13:00 pm Sat May 23 11:00 am -13:00 pm Sat May 30 11:00 am -13:00 pm Sat June 06 11:00 am -13:00 pm Sat June 13 11:00 am -13:00 pm Sat June 20 11:00 am -13:00 pm Sat June 27 11:00 am -13:00 pm Sat July 04 11:00 am -13:00 pm Sat July 11 11:00 am -13:00 pm Sat July 18 11:00 am -13:00 pm
Tuition:	\$485.00 USD (includes student course outline) \$19.95 USD monthly CHI Membership (enroll online)*
Deposit:	\$50.00 USD (Non-Refundable)
Payment Terms:	VISA, MasterCard, American Express Full Payment required in Advance

* **CHI Membership** – Audio Book and Online Tutorials

Audio book and online tutorials required for student assignments and exams are located online at www.CoryHolly.com Click Members.

Audio files are in MP3 format and may be streamed directly online, or downloaded and transferred to an MP3 player or burned to a CD.

CHI Member enrollment is an online procedure. Monthly subscription fee is charged automatically to your credit card on a monthly recurring basis. Membership can be cancelled any time by CHI Member prior to next monthly billing by phone or email.

Monthly fee: \$19.99 USD - Minimum three month billing required

CHI Certificate - Principles of Sports Nutrition

Students can apply for a personalized CHI Certificate of Completion by email upon successful completion of this course. A CHI Certificate of Completion is required by students who wish to enroll in the CSNA education program for a special discounted tuition rate.

Certificate Fee: \$50.00 USD

info@coryholly.com

Cory Holly Institute (CHI)
Sports Nutrition, Health & Fitness
Education Center CoryHolly.com

CHI Education Program

THE CORY HOLLY INSTITUTE

CHI
formally recognizes that

Your Name Here



has completely fulfilled all the requirements of

Principles of Sports Nutrition
Sports Nutrition Education Program

Certificate of Completion

Equivalent to 30 hours of student study, research and examination time

CSNA Master Program Teacher

Date Completed July 2010

Approved by Dr. Cory Holly

Course Schedule

12 – two hour sessions (one classroom session per week)

Session One – Course Topics

- Student/Teacher Introduction
- Distribution of course materials
- Explanation of Course requirements including exams, homework, online access procedures and student attendance
- Course Overview – What students are going to learn & why
- Lecture: Introduction to Sports Nutrition and Optimum Health
- Homework Assignment:
 - Recipe for Health Audio Book - Clean Air
 - Pre-selected online tutorial – CoryHolly.com

Session Two – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Human Anatomy
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Pure Water
 - Pre-selected online tutorial – CoryHolly.com

Session Three – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Energy and Cellular Metabolism
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Fresh Juice
 - Pre-selected online tutorial – CoryHolly.com

Session Four – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: The Primary Building Blocks
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Whole Foods
 - Pre-selected online tutorial – CoryHolly.com

Session Five – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Dietary Supplements
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Natural Light
 - Pre-selected online tutorial – CoryHolly.com

Session Six – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Body Typing and Individual Assessment
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Physical Exercise
 - Pre-selected online tutorial – CoryHolly.com

Session Seven – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Training and Exercise Philosophy
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Personal Hygiene
 - Pre-selected online tutorial – CoryHolly.com

Session Eight – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Achieving Your Ideal Bodyweight
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Periodic Cleansing
 - Pre-selected online tutorial – CoryHolly.com

Session Nine – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Performance Enhancing Drugs
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Adequate Rest & Sleep
 - Pre-selected online tutorial – CoryHolly.com

Session Ten – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Training Injuries: Natural Treatment
- Student/Teacher group discussion – Q & A
- Homework Assignment:
 - Recipe for Health Audio Book – Nutritional Supplements
 - Pre-selected online tutorial – CoryHolly.com

Session Eleven – Course Topics

- Student to Submit Completed Homework Exam
- Lecture: Screening and Diagnostic Tools
- Student/Teacher group discussion – Q & A
- Homework Assignment
 - Recipe for Health Audio Book – Entire Book
 - Pre-selected online tutorial – CoryHolly.com

Session Twelve – Course Topics

- Course Summary
- Group Discussion
- Final Student Exam