

# IOPN

Institute of  
Performance  
Nutrition

# Diploma in Performance Nutrition

A unique program designed to translate the science to professional practice taught by a team of practicing, highly-qualified & experienced Performance Nutritionists

Led by Dr. Laurent Bannock DProf MSc CSCS RNutr SENr with extensive support provided by the IOPN tutoring team

*What's in it for you? You will graduate with a recognised qualification and the confidence & competence to practice!*

Course recognised / accredited for CPD by\*:



SENr



BDA

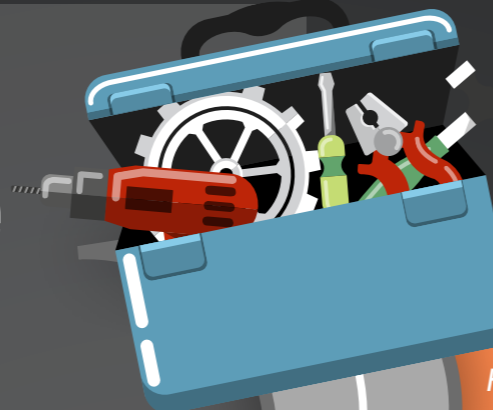
+ Access to an MSc in Sports and Exercise Nutrition\*

\* (see our website for further details on Diploma accreditation & MSc eligibility requirements)

## Created to fit around work and lifestyle

Delivered in a highly flexible format via an advanced learning management system, supported by our team of tutors. Course completion timeframe is 8-15 months. Average time to complete the program is 10 months.

For further details go to: [www.TheIOPN.com](http://www.TheIOPN.com)



## What you will add to your “toolbox” as a Practitioner:

\* Review course curriculum for a more comprehensive overview

### Module 1: Sports Nutrition: The fundamentals (part 1)

**SCIENCE:** Nutrient and recommended intakes | Healthy eating | Energy | Fuels sources for muscular activity | Nutrition and fatigue | Relative energy deficiency in sport (RED-S) > **PRACTICE:** Case Study final project

Guest lecturers: Dr. Kirsty Elliott-Sale • Dr. James Morton • Dr. Craig Sale  
Dr. Dylan Thompson • Dr. James Betts • Dr. Graeme Close

### Module 2: Sports Nutrition: The fundamentals (part 2)

**SCIENCE:** Gastric emptying, digestion and absorption | Carbohydrates | Protein and amino acids | Lipids > **PRACTICE:** Case Study final project

Guest lecturers: Dr. Oliver Witard • Dr. Craig Sale • Dr. James Morton  
Dr. Stuart Phillips • Dr. Leigh Breen • Dr. Gethin Evans

### Module 3: Sports Nutrition: The fundamentals (part 3)

**SCIENCE:** Metabolic regulation | Fluid balance and water requirements | Vitamins and minerals | Nutrition supplements > **PRACTICE:** Case Study final project

Guest lecturers: Dr. Lewis James • Dr. James Morton • Dr. Andrew Jones  
Dr. Leigh Breen • Dr. Craig Sale • Dr. Javier Gonzalez

### Module 4: Sports Nutrition: Advanced

**SCIENCE:** Nutrition and training adaptations | Immune function in athletes | Body weight regulation | Nutrition and body composition | Energy availability | Personalised nutrition > **PRACTICE:** Case Study final project

Guest lecturers: Dr. Kirsty Elliott-Sale • Dr. Glen Davison • Dr. Graeme Close  
Dr. Leigh Breen • Dr. James Morton • Dr. Javier Gonzalez

### Module 5: Sports Nutrition: Advanced (Science to Practice)

**Key topics:** Scope of practice, Working in an elite academy, Nutrition for high-performance athletes (insights into travelling, endurance and team sports), Nutrition in endurance sports (insights into elite cycling), Nutrition in high-intensity intermittent sports (insights into professional rugby, soccer and boxing), Nutrition for injury and rehabilitation, Reflective practice and plenty more...

Guest lecturers: Dr. Sophie Killer • Dr. Mark Russell • Dr. Craig Twist  
Dr. James Morton • Dr. Graeme Close • Dr. Mayor Ranchordas



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