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*The Diploma in Performance Nutrition has been a truly invaluable experience. The step by step process in each module has helped me **build, improve** and **enhance my skillset** and the **continuous tutor support** really sets this diploma at a top-class level. I have gained an **in-depth theoretical understanding** of sport nutrition and I feel **confident in practically applying** the knowledge I have learnt. The course has exceeded my expectations significantly. If you want to **learn, develop** and put **science into practice** at an **advanced level**, I wholeheartedly recommend this is the course for you.*

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Diploma in Performance Nutrition

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**Mary
Curristin**

Sports Scientist,
Research Assistant

Diploma in Performance
Nutrition student '19



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*The Diploma in Performance Nutrition combines current **science** with **practical application** through **comprehensive case studies**. This is an **evidence based** rigorous program that instills **confidence** in the material both **academically** and **practically**. I highly recommend this program to anyone looking to **competently understand and practice** sports/performance nutrition.*

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Geoff Lecovin
MS³, DC, ND, L.Ac.

Chiropractor/Naturopathic Physician/
Acupuncturist/Performance Nutritionist

Diploma in Performance
Nutrition student '19



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*This step-by-step course is a **must** for anyone interested in working in the field of sports nutrition. With every lecture given by **internationally recognised experts**, it has given me the **tools** and **confidence** to work within elite sport. The **case study for each module** is an amazing way to apply the ‘**rocket-science**’ in a **practical, real-life event**, that we are likely to encounter in our professional practice. Where this course really stands out above other Nutrition courses is the **support** from the **highly-qualified team** at the **Institute of Performance Nutrition**. Each tutor is fully committed to the **growth** and **success** of their students.*

”

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**Michel
Ouellette**

Performance Nutritionist

Diploma in Performance
Nutrition student '19



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*My experience of the Diploma in Performance Nutrition has been extremely enjoyable. The level of learning material in each module that can be practically applied is truly amazing and a testament to the hard work that Laurent and the team have put in. The **tutors are very good at responding** and give **detailed feedback** to help assist in the **translation of the latest science into practice**. The diploma encourages you to be a **critical thinker** in both a **theory** and **practical sense**. This course has motivated me even more to learn and progress in the competitive field of sports nutrition, which in itself, is a testament to the **quality** and **learning environment** of the program.*

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James Moore

Performance Nutritionist,
Sports Science Lecturer

Diploma in Performance
Nutrition student '19



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*The Diploma in Performance Nutrition for me has been a **fantastic experience**. What sets this course apart is the **intuitive online platform, varied course content** and **excellent tutor support**. It really is **second to none!***

*I can honestly say I have **learnt so much**, not only about nutrition for sport and exercise physiology, but also how to **practically apply** the knowledge to real world scenarios.*

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**Paul
Garrod**

Performance Coach

Diploma in Performance
Nutrition student '19



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*The **best investment** I have made in my professional career. The Guru Performance team **guide you** through all of the confusing science via **well delivered lectures**, clear direction into which **studies to read**, **podcasts** to listen to and if that isn't enough they are **on hand to answer any questions**. The Diploma has allowed for me to **enhance the results** I can achieve with my clients, which has led to **professional doors opening** in ways I never imagined!*

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**Eloy
Rodriguez**

Strength & Conditioning Coach

Diploma in Performance
Nutrition student '19



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