Diploma in Performance Nutrition

Advanced (Level 7) training and development program

Understand the latest science of sports nutrition to support effective practice. A course translated and delivered by many of the leading scientists and practitioners in the field.
About this course

The IOPN Diploma in Performance Nutrition is an advanced (Level 7) professional training and development program in sport and exercise nutrition.

The program is internationally recognised from accreditation bodies across the world (SENr, AfN, ACSM, ISSN, PINES). The program has been uniquely designed to bridge the gap between science and practice via a competency-focused education approach.

The course can be completed entirely online with extensive online support from the highly qualified IOPN tutoring team while using the best available learning technology. The course focuses on topics relevant to sport and exercise nutrition and its translation and application into effective daily practice.

The programs initiative is to develop highly skilled, effective sport and exercise nutritionists who are equally proficient with their theoretical understanding as they are in their competence to confidently practice with individual athletes, recreationally active clients and within sports teams.

The Diploma in Performance Nutrition has challenged me as a practitioner, increased my theoretical knowledge in all areas of sports nutrition (through the varied course materials: lectures, podcasts, reading, and academic studies) and given me the tools to take my practice to the next level. Having tutors to support my learning and feedback throughout the process has been an invaluable benefit. The practical application of a case study at the end of each module allowed me the opportunity to make the jump from theory to application in a practical situation. The case studies have developed my skill set to include a variety of sport-specific strategies to utilise in different situations. I cannot recommend this course enough for those who are serious about sports nutrition.
What makes our program different from other online sports nutrition courses?

The IOPN Diploma in Performance Nutrition is currently the only practice-focused sports nutrition program of its kind.

The course contains over 900 hours of learning material with more than 70 in-depth lecture videos from leading researchers and elite practitioners in sports nutrition.

Each student will have 1 to 1 support from an expert tutor and is hosted on one of the best online learning management platforms.

The program is currently studied in 67 countries worldwide and recognised internationally.

Learn from 40+ World-class experts (Profs, PhDs, and elite practitioners)
Extensive 1 to 1 tutor support from MSc and PhD experts
More than 900 hrs of evidenced based nutrition material

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.

Geoff Lecovin
MS3, DC, ND, L.Ac.
Chiropractor/Naturopathic Physician/Performance Nutritionist
Diploma in Performance Nutrition student 19
What you’ll learn

Course overview:

The anatomy of each module

**RELEVANT THEORY**
- **Knowledge Acquisition**
  - Textbook readings, journal papers, podcast interviews with journal paper authors, quizzes and more!
  - *Supported by PhD qualified tutor*

**EXPERT TRANSLATION**
- **Knowledge Contextualisation**
  - Lectures by top practitioners and researchers, podcasts, videos, consensus statements
  - *Supported by expert tutor*

**COMPETENT APPLICATION**
- **Knowledge Application**
  - Case Study Final Project based on ‘real-world’ client scenarios
  - *Supported by SENr Registered Practitioners*

---

The level of content and my overall experience of the IOPN Diploma in Performance Nutrition has been above and beyond my expectations. The theoretical and practical knowledge that I have obtained through each module via the video lectures and podcasts by leading sport and exercise nutritionists and from the meticulously detailed case studies has certainly increased my confidence as a practitioner. I would strongly recommend the Diploma to any aspiring/current Performance Nutritionist who are looking to develop their skillset at being able to translate the current science into practically applied situations.

James Sinclair
Student
Diploma in Performance Nutrition student 19
Module 1: Sport Nutrition The Fundamentals (part 1)

Unit 1: Relevant Theory (Knowledge Acquisition)

Introductory lecture: A primer on evidence-based practice by Dr. Laurent Bannock

Key learning topics

Nutrients and recommended intakes: Categories of nutrients, their respective functions, chemical properties and influence on physiological processes; the basis for nutrient recommended daily intakes and methods of assessment for dietary intake and food composition in athletes.

Healthy eating: Dietary guidelines established for a balanced, healthy diet; the physiological effects of excessive intake of some nutrients; the impact of nutrient deficiencies on function, health and performance; a look at country and organization-specific dietary guidelines; food labelling, nutrient content/health claims on food packaging and food processing.

Skeletal muscle: Structure, function, key characteristics and role as it relates to exercise metabolism.

Substrate regulation: Metabolic pathways, key influencing factors to fuel-mobilization, fuel storage and fatigue processes during exercise.

Energy: Key terms, types of energy, forms of measurement and preferred methods of assessment in research and practice.

Human energy metabolism: An overview of its components and contribution in active and inactive people; energy balance and energy availability.

A primer on biochemical concepts: Organization of matter; chemical bonding; chemical reactions, ATP and energy; water; solutions and concentrations; acid-base balance and cell structure.

Supplemented with:

Journal articles
Position stands and seminal papers related to the learning material within Module 1

Podcast interviews with journal paper authors:
Key podcast interviews related to the learning material within Module 1
Student discussion threads available to discuss journal articles with PhD qualified tutors

Unit 2: Expert translation (Knowledge Contextualisation)

Lectures by world leading researchers and expert practitioners


Protecting cellular ATP - Prof Craig Sale

Exercise Metabolism 101: What We Need to Know and What Others Should Know - Dr Scott Robinson

Exercise Metabolism and Fatigue Mechanisms - Prof James Betts

Exercise Metabolism - Endurance Exercise - Prof Graeme Close

Exercise Intensity: Why does fat metabolism decline? - Prof James Morton

Skeletal Muscle: Structure, Construction & Plasticity - Prof James Morton

Limiting factors to maximal oxygen uptake: a heart or muscle problem - Prof James Morton

Nutrition & Fatigue - Prof James Morton

Metabolic Regulation: Nutritional Effects - Prof James Morton

Nutrition for Fat and Energy Balance - Prof James Betts

Assessing Energy Intake and Expenditure in Athletes - Prof Graeme Close

How to get your fat fit - the impact of exercise on adipose tissue - Prof Dylan Thompson

Exercise and non-physical activity thermogenesis - Prof Dylan Thompson

Relative Energy Deficiency in Sport (Male Athletes) - Prof James Morton

Nutritional considerations for Eumeorrheic athletes - Dr Kirsty Elliott-Sale

UNIT 3: COMPETENT APPLICATION (KNOWLEDGE APPLICATION)

Comprehensive case study assignment

Assignment focus: Identifying symptoms of Relative Energy Deficiency in Sport (RED-S) in a female endurance athlete and implementing nutrition strategies to remedy inadvertent low energy availability.
Module 2: Sport Nutrition The Fundamentals (part 2)

Unit 1: Relevant Theory (Knowledge Acquisition)

Key learning topics

Protein: Function, building blocks, structure, turnover (biochemical and physiological), amino acid metabolism during exercise, techniques of assessment, requirements, health risks and ergogenic aids.

Lipids: Structure, regulation (at rest and during exercise), metabolism (biochemical and physiological), fat supplementation, the regulation of lipid metabolism with diet composition and the health and performance effects.

Carbohydrates: Types and structure, regulation (at rest and during exercise), metabolism (biochemical and physiological), metabolic and performance effects of ingestion (before, during and after exercise), requirements and ergogenic aids.

Gastric emptying, digestion and absorption: Functions and anatomical components, digestion and absorption processes of macronutrients, absorption of water and micronutrients, dietary strategies for modulating the composition or metabolic and immunological activity of human gut microbiota, regulation of gastric emptying and common gastrointestinal symptoms during exercise and known factors shown to reduce symptoms.

Supplemented with:

Journal articles
Position stands and seminal papers related to the learning material within Module 2
Podcast interviews with journal paper authors:
Key podcast interviews related to the learning material within Module 2
Student discussion threads available to discuss journal articles with PhD qualified tutors

Unit 2: Expert translation (Knowledge Contextualisation)

Lectures by world leading researchers and expert practitioners

Fuelling Exercise Part 1 - Prof Craig Sale
Fuelling Exercise Part 2 - Prof Craig Sale
Carbohydrate Metabolism and Supplementation - Post-exercise Nutrition - Prof James Betts
The Wondrous Properties of Carbohydrates - Prof James Morton
Glycogen Resynthesis: From Biochemistry to Practical Application - Prof James Morton
Glycogen Metabolism - Cause of Fatigue and/or training regulator? - Prof James Morton
Optimising Protein Nutrition for Muscle Mass Gain - Dr. Oliver Witard
Protein Nutrition and Beyond for Ageing Muscles - Dr. Oliver Witard
Beyond Muscle Hypertrophy: Protein Nutrition in Endurance Athletes - Prof Leigh Breen
The Muscle Anabolic Potential of Leucine - Prof Leigh Breen
Dietary Protein and Bone: Zero or Hero? - Prof Craig Sale
Fat Oxidation during Exercise - What’s New & What Do We Want to Know Next - Dr. Scott Robinson
IMTG in Exercise and Health - Scott Robinson PhD
Exercise and the GI System - Gethin Evans PhD
The Athlete’s Gut - Stephen Smith PHD (c)

UNIT 3: COMPETENT APPLICATION (KNOWLEDGE APPLICATION)

Comprehensive case study assignment

Assignment focus: Identifying the nutrition demands and barriers to performance during a multi-sport endurance event (during training and competition) that requires international travel in a recreational, male endurance athlete.
Module 3: Sport Nutrition The Fundamentals (part 3)

Unit 1: Relevant Theory (Knowledge Acquisition)

Key learning topics

Water requirements and balance: Thermoregulation (at rest and during exercise); health and performance consequences of dehydration; mechanisms of heat illness; the impact of fluid intake before and during exercise; fluid intake strategies for effective hydration; hydration requirements and fluid composition for effective fluid replenishment during and after exercise.

Micronutrients: The function, role and requirements of vitamins and minerals as they relate to metabolism, health and performance; micronutrient amounts found in food; athlete groups susceptible to micronutrient insufficiency; assessment of micronutrient status and ergogenic impact of certain micronutrient supplementation.

Nutrition supplements: Supplements with an evidence-based ergogenic potential (type, mechanism, practical relevance and dose) and hazards and risks to sport nutrition supplementation.

Key principles of metabolic regulation: The role of hormones on fuel-use at rest and during exercise; the influence of adrenaline and insulin on glycogenolysis, lipolysis and glycogenesis; the function of allosteric effectives for regulating enzyme activity and the role of AMPK as a signalling molecule.

Metabolic regulation in high-intensity, intermittent and endurance sport events: Predominant fuels for the fire; regulation as it relates to exercise intensity, duration, nutrition and training status; ergogenic aids as they relate to substrate support and fatigue mechanisms.

Supplemented with:

Journal articles
Position stands, seminal papers and info videos related to the learning material within Module 3
Podcast interviews with journal paper authors:
Key podcast interviews related to the learning material within Module 3
Student discussion threads available to discuss journal articles with PhD qualified tutors

Unit 2: Expert translation (Knowledge Contextualisation)

Lectures by world leading researchers and expert practitioners

Fluid Balance and Exercise – Dr. Gethin Evans
Optimising Post-Exercise Hydration - Dr. Lewis James
Dehydration and Exercise Performance - Dr. Lewis James
Shedding Some Light on Vitamin D - Dr. Daniel Owens
Molecular Action of Fatty Acids in Skeletal Muscle - Dr. Leigh Breen
To Supplement or Not to Supplement? - Dr. Craig Sale
An Update on Buffering Agents for Sports Performance - Dr. Craig Sale
Creatine - Dr. Craig Sale
Caffeine - Dr. Craig Sale
Dietary Nitrate & Exercise Performance - Prof Andy Jones
An Introduction To Cell Signalling - Dr. David Lee Hamilton
Metabolic Regulation in Sport & Exercise - Dr. Scott Robinson
Metabolic Regulation in High Intensity Exercise - Dr. Scott Robinson
Metabolic Regulation in High-Intensity Intermittent Exercise - Prof James Morton
Carbohydrates for endurance exercise: how do they work and what is the best source? - Dr. Javier Gonzalez
Concurrent Training: Nutritional Strategies - Prof James Morton

UNIT 3: COMPETENT APPLICATION (KNOWLEDGE APPLICATION)

Comprehensive case study assignment
Assignment focus: Work within a multi-disciplinary team prescribing, ordering and monitoring the use of dietary supplements within a high-intensity, intermittent sport event.
Module 4: Sport Nutrition Advanced

Unit 1: Relevant Theory (Knowledge Acquisition)

Key learning topics

Nutrition and training adaptation: Main adaptations to endurance and resistance training; the molecular instigators underlying change; molecular, cellular, and organ level changes and their respective timelines throughout the training process; the influence of substrate availability and antioxidants to signalling, protein synthesis and training adaptation; and the effects of nutrition on sleep quality and recovery from injury.

Nutrition and immune function in athletes: Main components and functional mechanisms of the immune system; common illnesses and allergies experienced by athletes; the difference between infection, allergy, and intolerance; the effects of exercise on immune function and infection-risk; nutrition’s influence on immune function (purported mechanisms, macronutrients and micronutrients) and strategies to reduce exercise-induced immunosuppression.

Body composition, weight management and eating disorders: An overview and critical evaluation of body composition techniques; normative ranges for bodyweight and body fat for adults and various athletic populations; appetite regulation as it relates to weight management; energy balance; the influence of exercise on appetite, losing body fat and bodyweight; the application of different dietary methods for weight-loss; rapid weight-loss strategies and the negative repercussions; safe acute weight-loss strategies; metabolic adaptation and weight-gain; characteristics, prevalence and risk-factors of eating disorders and the health and performance effects.

Personalized nutrition: Nutrition periodization; nutrigenomics in sport; dietary guidelines for different age groups, gender and specific sports.

Supplemented with:

Journal articles

Position stands, seminal papers and info videos related to the learning material within Module 3

Podcast interviews with journal paper authors:

Key podcast interviews related to the learning material within Module 3

Student discussion threads available to discuss journal articles with PhD qualified tutors

Unit 2: Expert translation (Knowledge Contextualisation)

Lectures by world leading researchers and expert practitioners

Nutrient Sensing & Exercise Adaptations - David Lee Hamilton PhD
Training Adaptations: Effects on Substrate Utilisation - Prof James Morton
Nutritional Strategies To Optimise Recovery - The Balance Between Recovery & Adaptation - Prof Graeme Close
PGC-1 Alpha: A master Regulator of Endurance Training Adaptation? - Prof James Morton
Nutrition Periodization - Prof James Morton
Free Radicals & Exercise: Has the Poacher Turned Game Keeper - Prof Graeme Close
Exercise, Immunity and Infection Risk in Athletes - Glen Davison PhD
Immunology and Nutrition – Glen Davison PhD
Nutrition & Immune Function: Can We Do Anything To Offset The Winter Sniffles? - Prof Graeme Close
Gut Hormones & Regulation of Appetite - Gethin Evans PhD
Nutritional Strategies to Influence Appetite - Javier Gonzalez PhD
Breastfeeding & Exercise - Javier Gonzalez PhD
Over-feeding, Under-Feeding and Fat Balance - Prof James Betts
Exercise Nutrition For Older Adults - Leigh Breen PhD
Exercise, Nutrition and Ageing - Time to Run for Your Life? - Prof Graeme Close
Nutritional Considerations for Hormonal Contraceptive Use (Athletes) - Kirsty Elliott-Sale PhD

UNIT 3: COMPETENT APPLICATION (KNOWLEDGE APPLICATION)

Comprehensive case study assignment

Assignment focus: Provide a periodized nutrition strategy to an athlete competing in a weight-specific event that ensures they reach their desired goal-weight safely.
Module 5: Sport Nutrition Science to Practice

Unit 1: Relevant Theory (Knowledge Acquisition)
Knowledge recall on topics studied on the Diploma:

**Gastric emptying, digestion and absorption:** The impact of exercise intensity, mode, duration and nature of food/fluid ingested on gastric emptying rates; main mechanisms that contribute to the trainability of the gut; common gastrointestinal problems that occur during exercise and factors that exacerbate and reduce these problems.

**Carbohydrates:** The impact of training intensity on carbohydrate metabolism; the regulation of blood glucose at rest and during exercise; the metabolic and performance effects of carbohydrate ingestion during exercise; mechanisms involved in glycogen metabolism; guidelines for carbohydrate intake before, during and after exercise; guidelines for athletes involved in repeated days of strenuous; prolonged physical activity and training and the impact of carbohydrate availability on training adaptation.

**Protein and Amino Acids:** Digestion and absorption kinetics of dietary protein; the fate of available amino acids for the purpose of muscle anabolism; the impact of energy availability on muscle protein synthesis; recommendations for total protein intake for the promotion of muscle hypertrophy; recommendations for total protein intake for endurance sports; exercise-induced adaptations and muscle protein synthesis and the protein ergogenic aids on augmenting protein balance and training adaptation.

**Lipids:** Biochemical pathways in fat metabolism; the impact of exercise intensity and duration on fat metabolism; the interactions between carbohydrate and fat metabolism in response to exercise and the metabolic and performance effects of high fat diets.

**Water and fluid requirements:** The physiological and performance effects of dehydration; methods for quantifying dehydration status; the effects of fluid and electrolyte intake before and during exercise on exercise performance; the hydration needs of an athlete during exercise; strategies that help ensure the fluid requirements are met and the composition of drinks that effectively rehydrate athletes during and after exercise.

**Nutrition and training adaptation:** The main adaptations to resistance and endurance training; the mechanisms and signalling pathways that cause distinct skeletal muscle phenotypes; the influence of hormones, training status, nutrient status and extreme environments on augmenting exercise-induced adaptations.

**Nutritional supplements:** An overview of evidence informed dietary supplements for treating nutrient deficiencies; improving sports performance; immune function, recovery and injury management; mechanisms of action; types, dosing protocols and application in specific sport events and the potential hazards and risks of sport nutrition supplements.

Unit 2: Expert translation (Knowledge Contextualisation)
Lectures by world leading researchers and expert practitioners

- Nutrition for High Performance Athletes
  - Dr Sophie Killer
- Football Nutrition - Prof James Morton
- Match-Day Team Sport Nutrition Considerations
  - Prof Mark Russell
- Advanced Physiological Testing in Professional Boxing - Dr Scott Robinson
- From Science to Practice: Applying Sound Performance Nutrition Support in Elite Sport
  - Dr Mayor Ranchordas
- Do Rugby Players Need Their Own Nutrition Guidelines? – Prof Graeme Close
- Half Time in Team Sports: An Opportunity to Influence Subsequent Performance?
  - Prof Mark Russell
- From the lab to the road: testing to inform practice and endurance performance - Matthew Furber PhD
- Nutrition & Injury Rehabilitation
  - Prof James Morton
- Educating the Future Elite: Reflections from International Youth Rugby - Dr Daniel Owens
- Understanding the response to training and competition: implications for athlete performance and health -Dr Craig Twist
- Reflective Practice for Sports Nutritionists
  - Prof James Morton
Module 5: Sport Nutrition Science to Practice

Unit 1: Relevant Theory (Knowledge Acquisition)

Knowledge recall on topics studied on the Diploma:

**Energy availability:** The difference between energy availability and energy balance; prevalence of low energy availability in certain sport events; field-based limitations to the estimate of energy availability; metabolic, reproductive, anatomical and hormonal surrogate markers associated with low energy availability and sex and sport-specific effects of low energy availability.

**Diets and weight management:** The role of metabolic adaptation during weight-loss; mechanisms for metabolic adaptation; evidence-based weight management strategies for athletes; the impact of macronutrients and their contribution to weight-loss and the impact of a periodized approach to dieting in athletes.

Supplemented with:

- Journal articles
- Position stands, seminal papers and info videos related to the learning material within Module 3
- Podcast interviews with journal paper authors:
  - Key podcast interviews related to the learning material within Module 3
  - Student discussion threads available to discuss journal articles with PhD qualified tutors

UNIT 3: COMPETENT APPLICATION (KNOWLEDGE APPLICATION)

Comprehensive case study assignment

**Assignment focus:** Three separate case study scenarios:

1. Provide evidence-led nutrition strategies for managing an athlete's body composition over the course of a calendar year - with a focus on body composition periodization and energy availability.

2. Provide an evidence-led nutrition strategy that strategically positions nutrients in a way that amplifies endurance adaptations from exercise.

3. Provide an evidence-led, nutrition strategy that aims to hasten an athlete's recovery from injury.

**Final task:** Produce a written reflection of one or more aspects of one's learning experience on the Diploma.
Diploma in Performance Nutrition Roadmap

Module 1: Sports Nutrition: The Fundamentals (part 1)

Module 2: Sports Nutrition: The Fundamentals (part 2)

Module 3: Sports Nutrition: The Fundamentals (part 3)

Module 4: Sports Nutrition: Advanced (Science to Practice)

Module 5: Sports Nutrition: Advanced

Key Achievements:
- Diploma in Performance Nutrition
- Practice relevant knowledge*
- BDA, SENr, AfN, ACSM, and BASES CPD/CEU/CEC endorsed
- Access to MSc in Sports Nutrition*
  *See website for further details

Athelete case study #1: Analysing and interpreting athlete data

Athelete case study #2: Implementing nutrition strategies for specific events

Team scenario case study #3: Devising supplement strategies in a professional team setting

Athelete case study #4: Advanced nutrition techniques to enhance adaption

Athelete case study #5: Reflective practice

Start: Month 1

Month 3

Month 5

Month 7

Month 8

Month 12

FINISH
Who you’ll learn from

At the IOPN, we have assembled a special team of expert practitioners and academics as our educators who are led by Founder and Director Dr Laurent Bannock, all of whom are highly qualified and well-respected professionals within the field.

Dr Laurent Bannock
DProf, MSc, CSCS, RNutr, SENr

Alex Ritson
MSc, SENr

Mark Hearris
BSc, MSc, PhD(c), SENr

Dr Sally Waterworth
PhD, SENr

Rianne Costello
BSc, MSc, PhD(c), SENr, AFHEA

Stephen Smith
BSc, MSc, PhD(c), SENr

Jasmine Campbell
BSc, MSc, DProf (c) SENr
40 + Guest Lecturers in the field of Sports and Exercise Nutrition:

Prof. Don MacLaren PhD – Liverpool John Moores University
Prof. Craig Sale PhD – Nottingham Trent University
Prof. Emma Stevenson PhD – Newcastle University
Prof. Graeme Close PhD SENr – Liverpool John Moore’s University
Prof. James Morton PhD SENr – Liverpool John Moore’s University
Prof. Stu Phillips PhD – McMaster University
Prof. Kevin Tipton PhD – University of Stirling
Prof. Mark Russell PhD RNutr – Leeds Trinity University
Prof. Ben Jones PhD – Leeds Becket University
Prof. Dylan Thompson PhD – University of Bath
Prof. Craig Twist PhD – University of Chester
Prof. James Betts PhD – University of Bath
Prof. Andy Jones PhD – Exeter University
Dr Oliver Witard PhD – Kings College London
Dr Daniel Owens PhD – Liverpool John Moore’s University
Dr Leigh Breen PhD – University of Birmingham
Rin Cobb RD SENr - Clinical and Sports Performance Nutritionist
Dr Kevin Currell PhD RNutr SENr – English Institute of Sport
Dr Glenn Davison PhD – University of Kent
Dr Kirsty Elliot-Sale PhD – Nottingham Trent University
Dr Gethin Evans PhD – Manchester Metropolitan University
Dr Javier Gonzales PhD – University of Bath
Dr David L Hamilton PhD – University of Stirling
Dr Mayur Ranchordas DProf SENr – Sheffield Hallam University
Dr Lewis James PhD – Loughborough University
Dr Ian Lahart PhD – Wolverhampton University
Dr Sophie Killer PhD – Performance Nutritionist, English Institute of Sport
Dr Duane Mellor PhD RD – University of Canberra
Lloyd Parker MSc RD – Nutritionist for Manchester City Football Club Academy and Salford Devils Rugby
Matt Reeves MSc – Head of Fitness and Conditioning, Leicester City Football Club
Dr Matthew Furber PhD – Senior Scientist, GlaxoSmithKline Human Performance Laboratory
Your success team

Canvas is the learning management software IOPN use to bring to you the Diploma in Performance Nutrition. More than half of the top 50 Universities in the world are using Canvas and for good reason! Canvas provides a simple, intuitive learning experience accessible on laptops, tablets and mobile apps for iOS and Android users. With Canvas born in the cloud, this software is the most reliable learning platform available.

The IOPN team are dedicated to providing a personalised approach to online education.

Your 1 to 1 tutor
A IOPN graduate and expert in the field who’ll guide you through the content.
*Tutors aim to respond to student emails within three working days*

Operations Manager
Our operations manager Ramon Smit will be available for any queries related to payments and getting started on the program

Student community
Within Canvas, we have embedded discussion forums to cultivate an interactive learning environment between students.
Students and graduates of the IOPN Diploma in Performance Nutrition are leading the way in the industry

Here are where some of our students and graduates work:
Diploma in Performance Nutrition

Online course

Advance your knowledge and career with the IOPN Diploma in Performance Nutrition

Register now

Contact us:
admin@theiopn.com
+44 (0)20 3051 8568