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 (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 program's 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.

Course Duration:
8 - 18 months

Course fees
Pay in full: £3,000 (VAT)
£250 + VAT* per month
SAVE £600 by paying up front.

or
Pay monthly: £300 + VAT
*12 monthly payments
Total cost: £3,600 VAT*

10-12 hours/week
of guided learning, entirely online

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.

Monika Bock
Nutritionist and Nutrition Consulting
Diploma in Performance Nutrition student 19
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

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

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

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

James Sinclair
Student
Diploma in Performance Nutrition student 19

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.
Module 1: Human Nutrition and Exercise Metabolism

Unit 1: Relevant Theory (Knowledge Acquisition)

**Learning Strategy:** Textbook chapters, oral presentations, journal articles, podcast interviews with journal paper authors.

**Theory Assessment:** Graded quizzes and essay questions (summative).

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

**Key learning topics**

- **Nutrients and recommended intakes:** Categories of nutrients, function, chemical properties and influence on physiological processes; the basis for nutrient recommendations and methods of assessment for dietary intake and food composition in athletes.

- **Healthy eating:** Established guidelines for a balanced, healthy diet; the health and performance effects of excessive intake or deficiency of some nutrients; 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.

- **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.

- **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:**
  - Position stands and seminal papers related to the learning material within Module 1.
  - 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)

**Learning Strategy:** Lecture presentations.

**Theory Assessment:** Graded quizzes (summative).

**Lectures by world leading researchers and expert practitioners**

  - Prof James Morton

- 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**

Case study written project (summative).

Assignment: Identify symptoms of Relative Energy Deficiency in Sport (RED-S) in an endurance athlete and implement nutrition strategies to remedy inadvertent low energy availability.
Module 2: Sport and Exercise Nutrition (Digestion and Intestinal Absorption & Macronutrients)

**Unit 1: Relevant Theory (Knowledge Acquisition)**

**Learning Strategy:** Textbook chapters, oral presentations, journal articles, podcast interviews with journal paper authors.

**Theory Assessment:** Graded quizzes and essay questions (summative).

**Key learning topics**

- **Protein:** Function, building blocks, structure, turnover (biochemical and physiological), 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, requirements and ergogenic aids.
- **Gastric emptying, digestion and absorption:** Functions and anatomical components, digestion and absorption processes of nutrients, 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:** Position stands and seminal papers related to the learning material within Module 2.
- **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)**

**Learning Strategy:** Lecture presentations.

**Theory Assessment:** Graded quizzes (summative)

**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**

Case study written project (summative).
Assignment: Identify the nutrition demands and barriers to performance during a multi-sport endurance event (during training and competition) that requires international travel in a recreational triathlete.
Module 3: Sport and Exercise Nutrition (Micronutrients & Supplementation)

Unit 1: Relevant Theory (Knowledge Acquisition)
Learning Strategy: Textbook chapters, oral presentations, journal articles, podcast interviews with journal paper authors.
Theory Assessment: Graded quizzes and essay questions (summative).

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 micronutrients 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 efficacious ergogenic potential (type, mechanism, practical relevance and dose) and hazards and risks to sport nutrition supplementation.

Exercise Metabolism (Regulation): The role of hormones on fuel-use at rest and during exercise: the influence of adrenaline and insulin on glycolysis, lipolysis and glycogenolysis; the function of allosteric effectives for regulating enzyme activity and the role of AMPK as a signalling molecule. 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 and seminal papers related to the learning material within Module 3.

Podcast interviews with journal paper authors:
Position stands and seminal papers related to the learning material within Module 3.
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)
Learning Strategy: Lecture presentations.
Theory Assessment: Graded quizzes (summative).

Lectures by world leading researchers and expert practitioners

Fluid Balance and Exercise – Dr. Gethin Evans
Dehydration and Exercise Performance – Dr. Lewis James
Optimising Post-Exercise Hydration – 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
Case study written project (summative).
Assignment: Identify the nutrition demands and barriers to performance during a multi-sport endurance event (during training and competition) that requires international travel in a recreational triathlete.
Module 4: Advanced Sports Nutrition

**Unit 1: Relevant Theory (Knowledge Acquisition)**

**Learning Strategy:** Textbook chapters, oral presentations, journal articles, podcast interviews with journal paper authors.

**Theory Assessment:** Graded quizzes and essay questions (summative).

**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 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 and weight management:** An overview and critical evaluation of body composition techniques; appetite regulation; energy balance; the application of different dietary methods for weight-loss; 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 and seminal papers related to the learning material within Module 4

- **Podcast interviews with journal paper authors:**
  - Position stands and seminal papers related to the learning material within Module 4.
  - Key podcast interviews related to the learning material within Module 4.
  - Student discussion threads available to discuss journal articles with PhD qualified tutors.

**Unit 2: Expert translation (Knowledge Contextualisation)**

**Learning Strategy:** Lecture presentations.

**Theory Assessment:** Graded quizzes (summative)

**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

- **Breakfast for athletes: advisable, inappropriate or irrelevant?**
  - 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**

Case study written project (summative).

Assignment: 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: Applied Sports Nutrition

Unit 1: Relevant Theory (Knowledge Acquisition)

Learning Strategy: Textbook chapters, oral presentations, journal articles, podcast interviews with journal paper authors.

Theory Assessment: Graded quizzes and essay questions (summative).

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 such issues.

Fuel use for muscle and exercise metabolism: The physiological responses to exercise; the characteristics of various muscle fibre types; the metabolic pathways that supply energy for muscle contraction; the regulatory actions of fuel availability on exercise-induced adaptation; the nature and size of body fuel stores; the factors involved in the control of fuel mobilization and use and the impact of fuel availability during exercise and on energy balance.

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 protein synthesis; recommendations for total protein intake for the promotion of muscle hypertrophy; recommendations for total protein intake for endurance sports and the efficacy of protein ergogenic aids.

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 water balance 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 signaling pathways that cause distinct skeletal muscle phenotypes; the influence of hormones, training status, nutrient status and extreme environments on augmenting exercise-induced adaptations.

Unit 2: Expert translation (Knowledge Contextualisation)

Learning Strategy: Lecture presentations.

Theory Assessment: Graded quizzes (summative)

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: Applied Sports Nutrition

Unit 1: Relevant Theory (Knowledge Acquisition)

Knowledge recall on topics studied on the Diploma:

**Nutritional supplements** An overview of evidence informed dietary supplements for treating nutrient deficiencies; improving sports performance; immune function, recovery and injury management and the potential hazards and risks of sport nutrition supplements.

**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.

**Supplemented with:**

- **Journal articles**
  Position stands and seminal papers related to the learning material within Module 5

- **Podcast interviews with journal paper authors:**
  Position stands and seminal papers related to the learning material within Module 5.

  Key podcast interviews related to the learning material within Module 5.

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

UNIT 3: COMPETENT APPLICATION (KNOWLEDGE APPLICATION)

Case study project (summative)

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.

Knowledge recall on topics studied on the Diploma:

**Unit 1: Relevant Theory (Knowledge Acquisition)**

Knowledge recall on topics studied on the Diploma:

**Nutritional supplements** An overview of evidence informed dietary supplements for treating nutrient deficiencies; improving sports performance; immune function, recovery and injury management and the potential hazards and risks of sport nutrition supplements.

**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.

**Supplemented with:**

- **Journal articles**
  Position stands and seminal papers related to the learning material within Module 5

- **Podcast interviews with journal paper authors:**
  Position stands and seminal papers related to the learning material within Module 5.

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  Student discussion threads available to discuss journal articles with PhD qualified tutors.
Diploma in Performance Nutrition Roadmap

Module 1: Human Nutrition and Exercise Metabolism

Module 2: Sport and Exercise Nutrition (Digestion and Intestinal Absorption & Macronutrients)

Module 3: Sport and Exercise Nutrition (Micronutrients & Supplementation)

Module 4: Advanced Sports Nutrition

Module 5: Applied Sports Nutrition

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

Start: Month 1
Month 3
Month 5
Month 7
Month 9
Month 12

Athlete case study #1
Analysing and interpreting athlete data.

Athlete case study #2
Implementing a nutrition strategy for a specific event.

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

Athlete case study #4
Advanced nutrition techniques to enhance adaption.

Athlete case study #5
Reflective practice.
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 Elliott-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 deliver the Diploma in Performance Nutrition course. 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.

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

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