IOPN Institute of Performance Nutrition

#sciencetopractice

Diploma in Sports Nutrition (Online)

CFI accredited EGF Level 7 Diploma

Learn and apply into practice the latest science of sport and exercise nutrition and become a highly skilled and confident Sport and Exercise Nutritionist.

Credits	Accredited	EQF Level	Duration	Global Community
96 credits	CFI Ofqual AO	7 (Masters)	12-18 months (FT-PT)	Internationally recognised

About this course

The IOPN Diploma in Sports Nutrition is a uniquely designed advanced practice-focussed training and development programme for current and aspiring Sports Nutrition Specialists, delivered exclusively by the IOPN.

The course is accredited by CFI, who are an Ofqual (The Office of Qualifications and Examinations Regulation) UK regulated awarding organisation. The IOPN is a CFI approved centre, uniquely delivering the IOPN Diploma in Sports Nutrition programme leading to the OfQual-regulated award of: CFI Level 7 Diploma in Sports Nutrition: IOPN Accredited.

The IOPN Diploma is also internationally recognised by a wide variety of professional organisations and industry to include: BDA SENr, AfN UKVRN, SDA, ACSM, and PINES).

The course is delivered 100% online with extensive support from a highly qualified IOPN tutoring team and the best available learning technology. The course focuses on topics relevant to sport and exercise nutrition and their translation and application into effective practice.

The programme's aim is to develop highly skilled, effective sports and exercise nutritionists. Graduates will have excellent theoretical knowledge and a full toolkit of practical skills to work with individual amateur and elite athletes, recreationally active private clients, and professional sports teams.

Studied in more than 80 countries worldwide. Recognised by a variety of professional organisations:

40 practical, real-world case studies
Covering a range of sports and real-world scenarios

Learn from 40+ world-class experts
(Profs, PhDs, and elite practitioners)

Extensive tutor support from MSc and PhD sport and exercise nutritionists

What makes our programme different from other online sports nutrition courses?

The IOPN Diploma in Sports Nutrition is currently the only accredited post-graduate level practice-focused sports nutrition programme of its kind.

The course includes 40 case study scenarios for students to apply their learnings into practice, four modules dedicated to teaching the science of SEN, and more than 60 in-depth presentations from leading sports nutrition researchers and elite practitioners.

All students will have the option to receive one-to-one video support from tutors and the opportunity to ask our team of experts about the theory of sports nutrition, how to work in practice and research, and much more in our online discussion threads.

These discussion threads will be open throughout the student's entire course journey and will be tended to by tutors daily.

The programme is currently being studied in over 80 countries worldwide and is recognised internationally.

Course duration:
12 - 18 months (FT / PT)
(Course remains open to students for 80 weeks)

Course fees:
Registration Fee: £445
+
Tuition:
Pay in full: £4,800 + VAT
or
Pay in 10 instalments:
Total cost: £5,350 + VAT
or
Pay in 12 instalments:
£5750 + VAT

Time investment:
Guided learning hours: 320 hrs
Total qualification time: 960 hrs

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

Geoff Lecovin
MS3, DC, ND, L.Ac.
Chiropractor/Naturopathic Physician/Performance Nutritionist
IOPN Diploma Graduate

What you'll learn

Course overview:

The objective of the IOPN Diploma in Sports Nutrition is to educate students on the theory of SEN and its practical application, providing students with opportunities to apply their knowledge in real-world case studies.

To achieve this objective, our education framework within each unit consists of three parts:

Step 1: Relevant theory - providing an evidence-led overview of core concepts within SEN using course notes, discussion forums, textbook chapters, and review papers.

Step 2: Expert translation - discerning the relevance of SEN research, in terms of its translational potential to practice, with presentations from the IOPN team and guest experts.

Step 3: Competent application - providing opportunities for students to apply their knowledge into real-world case-based scenarios.

This framework provides students with a comprehensive understanding that enhances their academic and practical competence in sport and exercise nutrition.

Our unique 'science to practice' 3-step process

Anatomy of a study unit

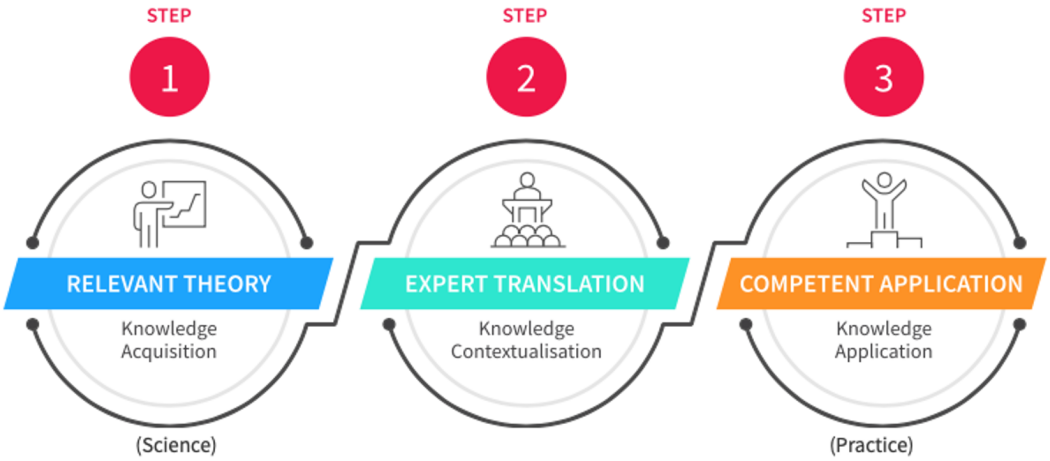

Figure 1. Anatomy of a unit.

> The level of content and my overall experience of the IOPN Diploma 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
IOPN Diploma Graduate

MODULE 1: HUMAN NUTRITION AND EXERCISE METABOLISM

This module is focused on providing a comprehensive overview of the theory of the relevant topics within exercise physiology, exercise metabolism and human nutrition and their practical application to working nutritionally with recreational and professional athletes and team sports in practice.

Learning outcomes of Module 1
Upon successful completion of this module, students should be able to**:**

Unit 1: Understand the role, function, composition, and requirements of nutrients and non-nutrients, as well as how nutrients, foods, food groups, and diets are investigated to inform public health nutrition guidelines. Understand public health nutrition recommendations and their significance in sports nutrition programming. Describe the various components of a nutritional assessment. Understand the different types of retrospective and prospective food intake assessment methods and their utility in research and practice. Understand and experience the challenges of collecting valid and reliable food intake data in practice and propose strategies to improve the data collection of dietary intake from athletes.

Unit 2: Understand how nutrient excess and/or deficiency affect metabolic and physiological function. Understand the evidence of certain nutrients, food groups and specific diets on various health indices, their global environmental impact, and the different country-specific healthy eating guidelines. Evaluate the regulations governing food labelling and processing techniques, educate clients on how to read food labels and make informed healthy eating and sports nutrition decisions. Reflect on their dietary habits in relation to healthy eating guidelines and propose sustainable dietary and lifestyle strategies to their athletes.

Unit 3: Understand skeletal muscle anatomy and function. Understand how to apply and interpret $\dot{V}O_2$ max testing and the muscle biopsy technique in research, as well as how these measurements and associated researchers have shaped the field of exercise metabolism. Discuss contemporary hypotheses regarding what causes exercise-induced muscle cramping and how research methodologies and knowledge on skeletal muscle and its plasticity have advanced.

Unit 4: Understand exercise metabolism and the regulatory pathways that facilitate ATP resynthesis during various types of exercise. Interpret indirect calorimetry data to estimate substrate utilisation during exercise, as well as common exercise models used in research to assess exercise metabolism. Understand how the metabolic and morphological changes that occur as a result of exercise influence fuel usage and subsequent nutritional recommendations.

Unit 5: Discuss the potential causal mechanisms of central and peripheral fatigue during exercise. Examine the exercise-induced physiological and metabolic adaptations and nutritional strategies that delay exercise-induced fatigue. Understand how to perform a lactate threshold test on athletes and use this data in practice to inform training and nutritional strategies.

Unit 6: Understand human energy expenditure and the contributions of each component in non-athletes and athletes. Appraise the efficacy of various measures of human energy expenditure and practice using field measurements of energy expenditure. Discuss the concepts: energy balance and energy availability, and practice identifying measures of energy status in research and practice. Practice implementing nutritional recommendations to improve an athlete's energy availability.

Students will work with the following case subjects throughout Module 1.

A professional male soccer player
Advise the athlete on how to keep a reliable, accurate food record and analyse the athlete's logged data.

A female competitive triathlete
Determine which nutrients and non-nutrients may be causing the athlete gastrointestinal issues during exercise and devise a meal plan to alleviate symptoms.

A female professional boxer
Propose healthy eating guidelines aligned to the athlete’s training when eating out of the home and develop strategies to increase autonomy in meal planning and nutrition decisions.

A group of male and female elite road cyclists
Determine the energy availability of cyclists using different proxy measures of energy status.

A female marathon runner (portfolio assignment)
Provide instructions that enable an athlete to record their dietary intake accurately and propose nutritional strategies to ensure nutritional adequacy when adopting a vegan diet. Produce a comprehensive client report and analysis of the athlete. Propose a nutrition strategy for the athlete that supports their health and performance.

Students will acquire the following practical skills throughout this Module:

- Instruct an athlete on how to maintain a dietary record in practice and evaluate the accuracy and reliability of a completed food log.
- Create a bespoke nutrition plan for an athlete that reduces the risk of gastrointestinal symptoms during exercise.
- Propose food label instructions to fulfil healthy eating or sports nutrition guidelines when athletes shop at the supermarket.
- Create educational resources for athletes that help them adhere to sports nutrition recommendations when dining out of the house.
- Create a detailed client report and nutritional analysis from a comprehensive nutritional assessment.
- Calculate the energy expenditure of athletes at rest and during various modes of exercise.
- Determine an athlete's energy availability using various proxies of energy status.
- Develop nutritional recommendations for an athlete to optimise energy availability and athletic performance.

Expert lecturers that have contributed to Module 1

Professor Graeme Close
PhD

Professor Craig Sale
PhD

Professor James Morton
PhD

Professor James Betts
PhD

Professor Dylan Thompson
PhD

Unit overview:

Unit 1: Nutrients and Recommended Intakes **[±14 hrs study time]**
Unit 2: Healthful Diets and Sustainable Eating **[±10 hrs study time]**
Unit 3: Skeletal Muscle: Structure, Function, Plasticity **[±16 hrs study time]**
Unit 4: Skeletal Muscle Energy Metabolism During Exercise **[±16 hrs study time]**
Unit 5: Nutrition and Fatigue **[±8 hrs study time]**
Unit 6: Energy **[±11 hrs study time]**

MODULE 2: DIGESTION AND INTESTINAL ABSORPTION & MACRONUTRIENTS

This module consists of four units and provides students with an overview of the science of the gastrointestinal system as well as the metabolic and nutritional roles of macronutrients in the context of different types of exercise. With this theoretical understanding, the module aims to provide students with opportunities to apply these learnings nutritionally, to maintain or restore health and improve an exercising individual's sports performance.

Learning outcomes of Module 2
Upon successful completion of this module, students should be able to**:**

Unit 1: Understand the functions and anatomical components of the gastrointestinal system. Understand nutrient digestion, absorption kinetics during rest and exercise, and common dietary strategies for altering human gut bacteria's metabolic and immunological activity. Understand the various foods and exercise stimuli that influence gastric emptying and experience implementing dietary strategies to avoid common gastrointestinal symptoms associated with diet and exercise. Describe the mechanisms that "train" the gut to enhance nutrient absorption and experience implementing dietary strategies that train the gut in real-world scenarios.

Unit 2: Understand the regulation and metabolism of carbohydrates during exercise and the impact of exogenous carbohydrate intake and availability on exercise performance. Describe the history of carbohydrate research in sport and exercise nutrition and the impact of carbohydrate availability and exogenous carbohydrate intake on metabolic regulation and performance. Understand the types and structures of carbohydrates, their effects on the digestive tract during exercise and how to implement carbohydrate-specific dietary strategies to fuel an athlete's sporting activities (before, during, and post-exercise/competition). Furthermore, students will be introduced to the concept of periodising an athlete's carbohydrate intake in accordance with the goals of the session.

Unit 3: Understand the structure, function, regulation, and metabolism (biochemical and physiological) of lipids at rest and during exercise. Describe the history of lipid research in sport and exercise nutrition and understand how to appraise sport and exercise nutrition research and its translational potential. Understand the impact of high-fat and fat supplementation on exercise performance and how to perform a FATMAX test. Understand how to interpret the results of a $\dot{V}O_2$ max test and substrate utilisation. Moreover, students will understand the mechanisms that facilitate metabolic changes following chronic endurance exercise.

Unit 4: Understand protein regulation and metabolism during exercise and the role of muscle protein turnover in facilitating adaptations to resistance and endurance exercise. Evaluate the current RDA guidelines for dietary protein, as well as the physiological and metabolic requirements of protein in an athlete. Describe different types of assessments used to research protein turnover and their strengths and limitations. Understand dietary protein requirements and the impact of total, type, and timing of dietary protein in supporting the increased metabolic demands of protein after exercise. Understand how to implement dietary strategies that optimise protein turnover for athletes in a caloric deficit and athletes who follow a plant-based diet. Moreover, students will examine the health concerns of protein consumption and the efficacy of popular protein ergogenic aids.

Students will work with the following case subjects throughout Module 2.

An elite-level female biathlete
Propose a dietary intervention to relieve gastrointestinal symptoms during exercise.

A professional soccer team
Create a series of carbohydrate-specific nutritional strategies to improve recovery between back-to-back soccer matches.

An elite-level male road cyclist
Create a competition-specific fuelling plan during a road-cycling event.

A recreational marathon runner
Analyse the outcomes of a metabolic exercise test.

A high-level amateur ultra-endurance athlete (portfolio assignment)
Assess the metabolic demands of the athlete’s training, apply nutritional strategies to mitigate gastrointestinal issues during exercise, and improve an athlete's carbohydrate oxidation capacity. Periodise the athlete's nutrient intake to correspond with the training session's objectives. Develop a nutrition strategy for an ultra-endurance IRONMAN event.

Students will acquire the following practical skills throughout this Module:

- Develop a questionnaire to assess gastrointestinal (GI) symptoms during exercise and apply nutritional strategies to alleviate GI symptoms.
- Design nutritional strategies and recipes for post-match recovery in team sports.
- Understand how muscle biopsies, VO_2 max, lactate threshold and FATMAX tests are performed and appraise the results of each assessment.
- Periodise an endurance athlete's carbohydrate intake that aligns with the goals of their training.
- Design a carbohydrate-loading nutritional strategy before an endurance event.
- Design a nutritional strategy to optimise fuelling during an ultra-endurance event.
- Propose dietary strategies to promote high-quality weight loss.
- Design a dietary strategy to optimise protein turnover in a vegan athlete.

Expert lecturers that have contributed to Module 2

Dr Geth Evans
PhD

Professor Leigh Breen
PhD

Dr Oliver Witard
PhD

Professor James Morton
PhD

Professor James Betts
PhD

Dr Scott Robinson
PhD

Unit overview:

Unit 1: Gastric emptying, digestion, and absorption **[±12 hrs study time]**
Unit 2: Carbohydrates **[±18 hrs study time]**
Unit 3: Lipids **[±20 hrs study time]**
Unit 4: Protein **[±18 hrs study time]**

MODULE 3: MICRONUTRIENTS & SUPPLEMENTATION

This module consists of four units and aims to provide students with a thorough understanding of fluid requirements for exercising individuals and team sports, the role of micronutrients in health and performance, and an evidence-based overview of dietary supplements for athletes. Furthermore, students will learn how to assess an athlete's micronutrient status, appraise dietary supplement research, and conduct a needs analysis of dietary supplement requirements.

Learning outcomes of Module 3
Upon successful completion of this module, students should be able to**:**

Unit 1: Understand the concepts of thermoregulation and fluid balance and their relevance with athletes. Understand hypohydration's health and performance effects and develop practical strategies to minimise hypohydration in athletes. Understand hydration requirements and composition for optimal fluid replenishment before and after exercise. Understand the relevance of monitoring wet-bulb globe temperature (WBGT) levels and how to assess an athlete's hydration status.

Unit 2: Understand the function, role, and requirements of micronutrients in metabolism, health, and exercise. Understand the levels of micronutrients found in food as well as the susceptibility of specific athlete groups to micronutrient deficiency. Understand how to measure micronutrient status (with a focus on iron and vitamin D levels) and the influence of specific micronutrient supplementation on health and sporting performance. Apply food-first and supplemental strategies to improve the micronutrient status of certain athletes.

Unit 3: Understand what sports foods, nutrient-based supplements, and ergogenic aids have efficacy and in what scenarios, and how to critically appraise dietary supplementation research. Understand the concept of a 'food first (not food only)' approach and know how to pragmatically discern the effectiveness of a dietary supplement for an athlete. Understand the various types, mechanisms, timing, and evidence-based dosing regimens of nutrient-based supplements and ergogenic aids, as well as the dangers and risks associated with sports nutrition supplementation. Practice using a Dietary Supplement Disclaimer form and a Supplement Checklist with athletes.

Unit 4: Understand the regulatory processes of exercise metabolism. Understand the role of hormones on fuel use at rest and during exercise and the influence of adrenaline and insulin on glycogenolysis, lipolysis and glycogenesis. Understand the function of allosteric effectors for regulating enzyme activity and the role of AMPK as a signalling molecule. Understand the predominant fuels for exercise metabolism and their regulation related to exercise intensity, duration, nutrition, and training status.

Students will work with the following case subjects throughout Module 3

A team of NCAA Division 1 American football athletes
Demonstrate how to perform sweat rate measurements on a group of athletes. Explain the impact of hypohydration on physiological function and the utility of the wet-bulb globe temperature measurement.

A team of professional rugby union athletes
Demonstrate an understanding of vitamin D's role in health and athletic performance. Know how to assess vitamin D levels in athletes with different skin tones and general dosage guidelines in accordance with an athlete's vitamin D status.

An NCAA Division 1 cross-country runner
Evaluate the circumstances that may have led to an athlete's low iron levels. Analyse biochemical blood markers associated with iron status and provide food-first recommendations to help an athlete improve their iron levels.

A master's degree student in Exercise Physiology
Explain how certain metabolic responses and regulatory mechanisms are affected by high-intensity intermittent exercise.

A team of professional soccer players
Advise athletes on monitoring their hydration status and develop fluid recommendations for athletes who display signs of hypohydration. Quantify the sweat rate of athletes and design bespoke fluid intake regimens for each athlete. Support athletes in staying adherent to anti-doping rules. Explain the efficacy of certain ergogenic aids on soccer performance, and know how to log and monitor dietary supplement use in professional athletes.

Students will acquire the following practical skills throughout this Module:

- Plan, implement, and evaluate a sweat-rate assessment in a team of professional athletes.
- Create resources to assist athletes in assessing their own hydration status.
- Understand how to assess and correct an athlete's micronutrient status.
- Know how to prescribe specific sports foods, nutrient-based supplements, and ergogenic aids in practice.
- Practice communicating dietary changes to athletes who speak a different language.
- Understand how to safeguard athletes from committing a doping violation.

Expert lecturers that have contributed to Module 3

Dr Gethin Evans
PhD

Dr Lewis James
PhD

Professor Craig Sale
PhD

Dr Daniel Owens
PhD

Professor Graeme Close
PhD

Professor Andrew Jones
PhD

Dr Scott Robinson
PhD

Professor James Morton
PhD

Unit overview:

Unit 1: Water requirements and balance **[±14 hrs study time]**
Unit 2: Micronutrients **[±17 hrs study time]**
Unit 3: Nutrition Supplements **[±20 hrs study time]**
Unit 4: Metabolic Regulation **[±20 hrs study time]**

MODULE 4: ADVANCED SPORTS NUTRITION

This module consists of four units and aims to provide students with an overview of contemporary topics in sports nutrition, such as immune health and the athlete, the function of nutrition in modulating training adaptation, weight management strategies, implementing behaviour change techniques in practice, and personalising nutrition for different demographics, scenarios, and sporting events.

Learning outcomes of Module 4

Upon successful completion of this module, students should be able to**:**

Unit 1: Explain training-induced adaptations in endurance and resistance exercise and the impact of substrate availability and antioxidants on the adaptive response. Understand when and how to employ periodised nutrition strategies to augment training-induced adaptations. Describe the effects of nutrition on recovery from injuries and how to develop nutrition strategies to expedite an athlete's rehabilitation.

Unit 2: Understand the immune system's main components and functional mechanisms and common illnesses and allergies experienced by athletes. Understand the difference between infection, allergy, and intolerance and appraise standard techniques for testing these conditions. Understand the effects of exercise on immune function and infection risk, as well as recent advances in the concepts such as immune resistance and tolerance in athletes. Explain nutrition's influence on immune function (purported mechanisms, macronutrients, and micronutrients) and strategies to improve immune resistance and tolerance.

Unit 3: Understand the relevance of laboratory and applied body composition techniques and behavioural and dietary strategies for safely manipulating body composition. Understand how appetite is regulated, nutritional strategies that influence satiety, the concept of 'energy availability' in sport and exercise, and how to measure it. Implement nutritional strategies to prevent chronic low energy availability in athletes and understand the characteristics, prevalence, and risk factors of eating disorders in athletes and the health and performance effects.

Unit 4: Understand how to develop nutritional strategies for different age groups, genders, specific sports, and situations. Understand approaches to building client trust and implementing behaviour change techniques to deliver nutrition recommendations.

Students will work with the following case subjects throughout Module 4

An elite-level triathlete
Describe the fundamental molecular, cellular, and physiological/metabolic processes that underpin exercise-induced endurance adaptations. Periodise a nutrition approach that aims to augment the athlete's training response.

A CrossFit athlete
Describe best-practice pre-assessment protocols for applied body composition techniques and appraise their efficacy for longitudinal monitoring of body composition. Determine weight-loss targets for an athlete and propose a nutritional strategy to achieve high-quality weight loss.

A professional soccer player
Explain the physiological repercussions of limb immobilization and implement a nutrition strategy to circumvent pronounced losses in skeletal muscle mass during different stages of recovery.

An elite-level triathlete
Estimate the metabolic demands of the athlete's training programme and provide nutritional recommendations that aim to periodise the athlete's nutritional intake in accordance with the metabolic demands and the athlete's training goals.

An Olympic weightlifter
Propose dietary strategies that assist the athlete in achieving high-quality weight loss and practice communicating nutritional strategies to the athlete. Ask the athlete questions that help identify facilitators or inhibitors to the athlete's target behaviour. Translate proposed weight-loss nutritional targets into meal plans. Propose safe acute-weight loss strategies to ensure the athlete 'makes weight' for competition.

Students will acquire the following practical skills throughout this Module:

- Periodise nutritional strategies that aim to augment an athlete's adaptation to training.
- Understand 'best-practice' preassessment protocols for improved accuracy and reliability when assessing body composition.
- Recognise athletes who are at risk of or suffering from an eating disorder.
- Estimate how much weight an athlete will need to lose to reach their body composition objectives and establish a nutrition strategy to get there.
- Understand how to develop a nutritional programme for an injured athlete.
- Develop a nutritional programme with meal plans to achieve high-quality weight loss.
- Understand how to implement safe, acute-weight-making techniques to ensure an athlete 'makes weight' for competition.
- Understand how to establish trust and communicate nutritional recommendations to clients.
- Identify and implement behavioural techniques that facilitate nutritional recommendations.

Expert lecturers that have contributed to Module 4

Dr David Lee Hamilton
PhD

Professor Glen Davison
PhD

Professor Dylan Thompson
PhD

Dr Daniel Owens
PhD

Professor Graeme Close
PhD

Professor James Morton
PhD

Professor James Betts
PhD

Dr Javier Gonzalez
PhD

Dr Oliver Witard
PhD

Professor Kirsty Elliott-Sale
PhD

Unit overview:

Unit 1: Nutrition and training adaptation **[±17 hrs study time]**
Unit 2: Nutrition and immune function in athletes **[±14 hrs study time]**
Unit 3: Body composition, weight management and eating disorders **[±24 hrs study time]**
Unit 4: Personalised Nutrition **[±18 hrs study time]**

The Diploma team

Dr Laurent Bannock
DProf, MSc, CSCS, RNutr, SENr
Founder and Director of the IOPN

Alex Ritson
MSc
Head of Online Education at the IOPN

Dr Stephen Smith
BSc, MSc, PhD, SENr
Tutor

Ramon Smit
Student Services Manager

Dr Mark Hearris
BSc, MSc, PhD, SENr
Tutor

Nina Walker
MSc, SENr
Tutor

Dr Luke O'Brien
PhD, MSc, ANutr
Assessor

Harvey Fortis
BSc MPhil
Assessor

Your success team

Canvas is the cutting-edge learning management system that we use to deliver the IOPN Diploma in Sports Nutrition. Canvas is used by more than half of the world's top 50 ranked universities, and for good reason! Canvas offers a simple, intuitive learning experience accessible via laptops, tablets, and iOS and Android mobile apps.

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

Tutor support
Our expert tutors will be on hand via one-to-one calls and discussion threads to answer all student questions, be it SEN theory, working as a practitioner in the field or further education.

Student services
The IOPN's dedicated student services team will be available for any queries related to payments and getting started on the programme.

Student community
Students will have the opportunity to engage with their fellow peers throughout the course within our discussion forums, providing an interactive, collaborative learning experience.

FAQ

What is the IOPN Diploma in Sports Nutrition?

The IOPN Diploma in Sports Nutrition is a CFI accredited (a UK OfQual Awarding Organisation) Level 7 Diploma (Master's degree level), highly recognised, competency-based practice-focussed programme available 100% online. The course specifically focuses on the translation of sport and exercise nutrition science into daily practice to develop advanced-level performance nutritionists who are well-equipped to work with teams, individual athletes, and recreationally active clients in the real world.

Why should I take this qualification?

The objective of the Diploma in Sports Nutrition is to produce highly skilled, evidence-informed sport and exercise nutritionists with equal proficiency in understanding the science and their ability to translate it into effective nutritional strategies in practice. A programme graduate will have the theoretical and practical proficiency to progress to a qualification at a higher level or be ready to work as a sport and exercise nutritionist in the field.

Programme rationale: A sport and exercise nutritionist must be well-versed in the four rapidly evolving disciplines that comprise sports nutrition: exercise biochemistry and integrated metabolism, exercise physiology, nutrition, and psychology. Moreover, practitioners must translate their knowledge of these disciplines into practical nutrition strategies that assist their athletes in modulating their capacity to meet the key performance determinants aligned with their sport. In contrast to the reality in which practitioners cross and integrate a variety of disciplinary boundaries to deliver their nutritional strategies, the science from which this information is derived and delivered is frequently studied as separate disciplines. Furthermore, such studies are often difficult to translate into practice due to most research being undertaken on populations divergent from professional athletes, using non-ecologically relevant exercise models, and outside of the real-world, complex environment of professional sport. Therefore, our programme was designed to include the most important topics within these disciplines relevant to a sport and exercise nutritionist, as well as to "bridge the gap" between science and practice by contextualising the translational potential of science from these disciplines and focusing on how the relevant knowledge can be applied in practice.

Who is this programme for?

This qualification is designed for those who would like to understand the theoretical domains that encompass the field of sport and exercise nutrition and apply this knowledge practically with individual athletes, team sports and recreational clients.

How important is the IOPN Diploma in Sports Nutrition?

The IOPN Diploma in Sports Nutrition is currently the only professional practice focussed programme of its kind. The course is an Ofqual-regulated, competency-based postgraduate level educational programme aimed at developing highly educated and skilled sports and exercise nutrition professionals.

What separates the IOPN Diploma in Sports Nutrition from other online sports nutrition programmes?

The IOPN Diploma programme is focussed heavily on sport and exercise nutrition practice, as opposed to sport and exercise nutrition theory. Our programme is delivered using our unique three-part teaching structure: (1) relevant theory, (2) expert translation, and (3) competent application. Collectively this framework provides our students with an in-depth understanding that aids their proficiency as both lifelong learners of SEN and effective practitioners in the field. Our programme aims to educate aspiring and current practitioners on the theory of topics in sport and exercise nutrition and its relevance to practice, in addition to providing them with opportunities to apply their knowledge via ~40 real-world practice focussed case-based scenario projects (rather than via traditional academic focussed essays and written projects). We believe that this approach best develops a sport and exercise nutritionist's understanding of the science, as well as their ability to translate theory into effective nutritional strategies in practice. Students are supported through this process via MSc / PhD level registered sports nutritionists with a great deal of real-world practice experience.

Do I need existing qualifications to be eligible to apply?

Yes, the IOPN Diploma in Sports Nutrition is a postgraduate level accredited (CFI Ofqual OA) and regulated programme and will require an appropriate amount of prior knowledge to build upon. Students will need either a

university degree in a life sciences subject (e.g., biology, physiology) or specific to sport or nutrition (e.g., sports science, strength & conditioning, nutrition, sports nutrition, dietetics etc.). Students with degrees in psychology and education are also eligible. Alternatively, professionals with accredited certifications (e.g., personal training, nutrition coaching) plus a minimum of 1 year of relevant experience (e.g., as a personal trainer, strength & conditioning coach, or nutritionist) will be accepted.

International students must satisfy an IELTS 6.5 level (CEFR: C1) of English comprehension. Alternatively, if applicants can demonstrate that they have completed an undergraduate or postgraduate degree in English in the last five years, this will also be accepted as having met the standard without demonstrating IELTS certification.

If I don't have the required certificates to verify my comprehension of the English language, is there another way I can demonstrate my proficiency in English?

Students can take the Duolingo English Test to validate their comprehension of English. Students must receive a score equal to or above 110 to be eligible for the programme. The Duolingo English Test is an online English proficiency test that can be taken online, on-demand, in under an hour for only $49. The test is taken via a computer with a camera and includes a proficiency score, video interview, and writing sample, which are shared with the IOPN when students send their results. Certified results are available within 48 hours of the test session. Students can sign up here: https://englishtest.duolingo.com/applicants.

Is this an attendance or online / distance learning course?

The Diploma in Sports Nutrition has been designed to be undertaken 100% online using Canvas, our online learning management system (LMS) with downloadable lecture videos, electronic format reading materials and online interactions with fellow students and tutors.

How much time will the course take to complete?

The course is designed to be finished within a flexible timeframe of 12-18 months part-time. Each module will be open for 20 weeks (80 weeks in total) to accommodate holidays and learners working full-time while simultaneously managing other obligations.

What qualification(s) will I get?

Upon successfully completing all course requirements, students will earn the Ofqual regulated award of CFI Level 7 Diploma in Sports Nutrition: IOPN Accredited.

Will it be internationally recognised?

Yes, the IOPN Diploma in Sports Nutrition program leads to the award of the OfQual regulated CFI Level 7 Diploma in Sports Nutrition: IOPN Accredited. Furthermore, the programme is internationally recognised and accredited by many leading professional bodies and academic institutions, such as the Sport and Exercise Nutrition Register (SENr), the Association for Nutrition (AfN), Sports Dietitian Australia (SDA), American College of Sports Medicine (ACSM), and Professionals in Nutrition for Exercise and Sport (PINES).

What title can I use/call myself upon completion?

Once you successfully complete the course, you will be qualified and able to call yourself a Sports Nutritionist or a Sport & Exercise Nutritionist and obtain professional indemnity insurance to practice (in the UK and most other countries but check your local national / state licensing laws to be sure). You cannot call yourself a registered nutritionist or sports dietician without being registered by the appropriate registration bodies, such as the British Dietetic Association's Sport and Exercise Nutrition Register or the UK Voluntary Register of Nutritionists or equivalent in your country/location. The IOPN Diploma in Sports Nutrition is a highly recognised programme and can support an application for registration and/or registration for specialisation (sport and exercise) in eligible candidates/registrants with SENr and AfN.

What are the progression opportunities?

This qualification has been created to help students start their careers in private practice and professional sporting organisations, ideally designed to support graduates develop their own sports nutrition consultancy practice or move onto equivalent (Masters and Doctoral degree research programmes). Numerous universities have partnered with the IOPN to offer special MSc "top up" programmes, whereby the IOPN Diploma will have

already satisfied a significant portion of the full master's degree they offer. Please see our website for further details.

After successfully completing the qualification, IOPN Diploma graduates have gone on to:

- Seek employment as a sport and exercise nutritionist with a sporting governing body, national institute, professional sports team, or within an Olympic/Paralympic sport.
- Establish a private practice as a sport and exercise nutrition consultant, advising individual professional athletes, team sports and recreational clients.
- Further their studies by completing a Master's in Sport and Exercise Nutrition or PhD or DProf in Sports Nutrition.

Can I get insurance to practice with this qualification?

Once students complete the course requirements and graduate with their IOPN Diploma in Sports Nutrition, they can obtain insurance to practice as a Sports Nutritionist.
Eligible UK-based graduates are also strongly encouraged to apply for graduate registration with the UK Sport and exercise Nutrition Register and/or the Association for Nutrition (AfN). Both SENr and AfN offer registrants practitioner insurance products.

- NOTE: Obtaining insurance to practice as a performance nutritionist may be limited to certain countries worldwide, and local laws that may restrict the practice of sports nutrition to licensed professionals (e.g., some states in the US). In all cases, you will be expected to adhere to a relevant scope of practice and remain evidence-based at all times.

How much does it cost and how do I pay?

The IOPN Diploma in Sports Nutrition can be paid for in full up-front or in instalments. Please refer to the fees page on the website for more information. Once your application has been approved, you will receive an email to pay via our Stripe payment system.

What is the refund policy for the course?

As shown in the course terms below, refunds are allowed within 14 days of the cohort opening. If a refund request is issued after 14 days, students will be given the option of deferring to a later cohort, but no refund will be issued.

Cancellation Rights:

- Under the Consumer Contracts (Information, Cancellation and Additional Charges) Regulations, 2013 consumers may have the right to cancel the Contract for the purchase of the course within a period of 14 calendar days ("Statutory Cancellation Period") from the date on which the contract is concluded. Please review clause 5 of the full terms for further information.

- If you are not a consumer or the Statutory Cancellation Period has expired, and you choose to cancel or defer a course you will be offered an opportunity to re-arrange the course by booking another date within a period of 6 months of the date the original course was due to commence. If you choose to cancel the course or, in the event, you do not re-arrange the course within the aforementioned 6-month period you will not be entitled to a refund of the course fees.

Many students and graduates of the IOPN Diploma in Sports Nutrition are successful practitioners in the professional sports industry.

Here are where just some of our students and graduates work:

IOPN Institute of Performance Nutrition

#sciencetopractice

Diploma in Sports Nutrition

CFI EQF Level 7 Diploma in Sports Nutrition

Advance your knowledge and career with the IOPN's Diploma in Sports Nutrition

Register now

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