

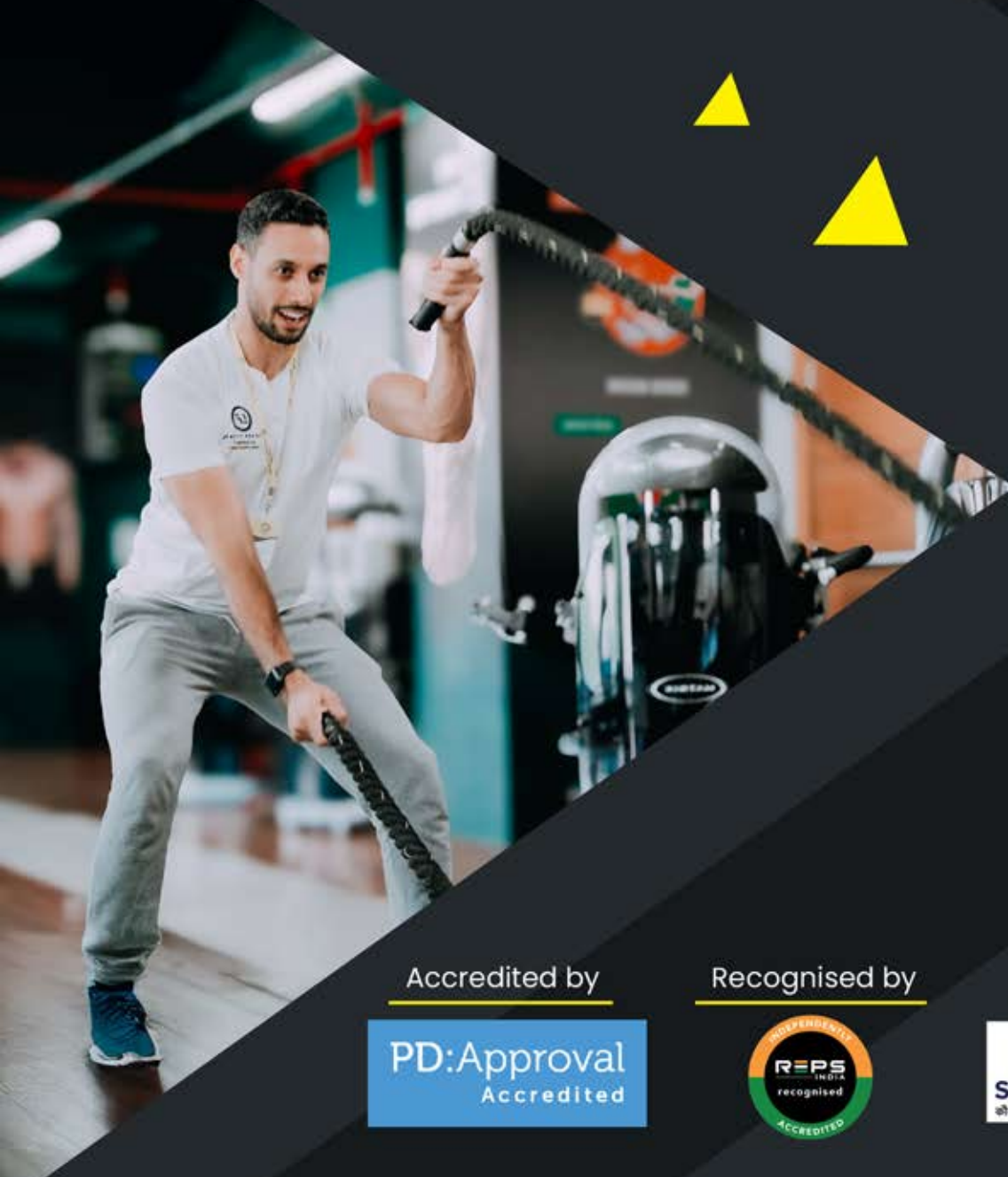
# LEADERS FITNESS ACADEMY



LEADERS FITNESS  
ACADEMY

**Leads to Fitness Leader**

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



Accredited by

PD:Approval  
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# SPORTS NUTRITION AND ITS ESSENTIALS

CPD Course | 16 CPD Points



**Endorsed by PD Approval |  
Recognized by REPs INDIA**

This course covers the fundamentals of sports nutrition, focusing on how to optimize dietary intake for athletic performance and recovery.



## You will learn about:

- The role of macronutrients and micronutrients in sports performance.
- Effective hydration strategies and their impact on performance.
- The use of dietary supplements and their benefits and risks.
- Supporting athletes with their nutritional requirements
- Practical applications of sports nutrition principles in various athletic contexts.

## THEORY SYLLABUS

- **Module 1** - Basics of Nutrition
- **Module 2** - Nutrition in Sports
- **Module 3** - Fluids and Electrolytes
- **Module 4** - Dietary Recommendations in Fitness
- **Module 5** - Supplements–Sports Foods
- **Module 6** - Nutrition Assessment & Tracking Tools
- **Module 7** - Counselling Skills for A Dieticians

## EXAMINATIONS

- Theory Examinations
- Case Study Submission

## CERTIFICATIONS

- CPD Course Certificate from Leaders Fitness Academy with 16 CPD Points



**COURSE FEE FOR  
REGULAR STUDENTS ₹ 25,000**

**COURSE FEE FOR  
ALUMNI STUDENTS ₹ 15,000**