



Nutrition and Supplement course

Nutrition & Supplement Course description

1. Free radicals & antioxidants (2hours)-The free radicals and their negative impact on general health and sports performance.-How to design an antioxidants program to keep free radicals at bay.
2. Vitamins & Minerals (1hour). -RDA Vs. PDA-How to design a Vitamins & Minerals program to enhance sports performance.
3. Lactic acid scavengers (2hours). -How lactic acid affects performance. -Learn how to design a bullet proof supplement plan to beat the burn.
4. The endocrine system (4 hours)-Learn how the endocrine system work. -Learn how to boost your hormones naturally for maximum gains in size & strength.
5. Carbo-depletion and loading for bodybuilders (1hour). - Learn the science of carbohydrates loading before a bodybuilding contest for maximum muscle fullness and razor-sharp striations
6. The immune system (2 hours). Learn how your immune system works and how to boost it for better health and physical performance. Total number of hours:12Accreditation: Reps UAE: 10 CPD Points ISSA: 12 Cec's