

Course Information Sheet

Course Title: The Athlete's Guide to Sports Supplements

Course Description: A countless number of sport supplements flood the market each year. Many of these are accompanied by slick marketing campaigns promising too-good-to-be-true results. For anyone seeking a safe, effective edge to their training and performance, supplements can be a confusing and serious matter, but this concise guide provides descriptions for 120 of today's most popular supplements. For each entry, you will discover what it is, how it works, potential performance benefits, research studies and outcomes, dosage recommendations, and possible health concerns. You will also find recommendations for master athletes, those competing in extreme environments, and those with special dietary needs, such as food allergies, diabetes, and vegetarian. With more than 120 supplements, recommendations for all athletes at all levels, and expert advice that you can immediately apply, The Athlete's Guide to Sports Supplements is the one training and performance resource you will turn to again and again. 290 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

After completing this course, you will be able to:

1. Determine what classifies a substance as a supplement.
2. Understand the regulation of dietary supplements.
3. Understand the different categories of micronutrients and macronutrients.
4. Learn what performance variables are targeted for each supplement used.
5. Learn the difference between marketing hype and scientifically proven supplements.
6. Understand the different processes and demands on the body during exercise and competition, and how supplements may aid in these mechanisms.
7. Understand the safety and health concerns with taking certain sport supplements.
8. Comprehend what popular supplements are and how they work on the body.
9. Learn actual research studies that have been used on human subjects with supplements and the benefits they create.
10. Learn the dosage recommendations and limits for supplements.

11. Develop a plan for recommending supplements for special population, such as, the master athlete, those competing in extreme environments, and those with special dietary needs.
12. Learn supplement trends for the future of sports and fitness.
13. Receive a practical reference guide for recommending supplements based on the needs of the athlete.
14. Understand the major risks associated with supplement use and how to limit them.
15. Learn the appropriate supplement recommendations for fuel usage, aerobic endurance, anaerobic capacity, strength, power, hypertrophy, immunity, joint support, and antioxidants.
16. Understand key nutritional recommendation for athletes and their special needs for macro and micronutrients.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:
www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

Kimberly Mueller, MS, RD, CSSD is a registered dietitian and board-certified specialist in sportdietetics with immense experience working with athletes competing within the endurance and team-sport arena. She grew up competing in club-level soccer before focusing her attention on the sport of running as a Division I collegiate cross-country and track-and-field athlete. She has also earned accolades as an All-American Triathlete, as well as an elite runner chasing after the Olympic trials standard for the marathon. Kim enjoys using her own practical sport experiences and knowledge of nutrition science to help fellow athletes achieve optimal health and peak fitness performance via creation of custom menu plans and personalized nutrition coaching with her company, Fuel Factor (www.Fuel-Factor.com). Kim's passion for customized nutrition also led her to help develop and launch Infnit Nutrition (www.infnitnutrition.com), a company that custom-blends functional ingredients to address the performance and health goals of recreational and professional athletes, including those competing in such prestigious events as Tour de France and Formula 500. She is well known for her nutrition clinics and as a contributor to books such as *The Performance Zone*, *The Woman*

Triathlete, Triathlon Revolution, Racing Weight, The New Rules of Marathon, and Half Marathon Nutrition. As a nutrition coach for Infinite Running (www.infiniterunning.org), Kim helps elite runners develop daily and race-day nutrition strategies that enhance endurance, facilitate optimal recovery, and protect against performance staleness. Kim lives in San Diego, where she is actively involved with several athletic groups, including the San Diego Track Club and Triathlon Club of San Diego. In 2013, she began a new journey as mom to her beautiful baby girl, Kaia Lyn.

Josh Hingst, MS, RD, CSCS, head strength coach with the Philadelphia Eagles, is a specialist in the fields of nutrition and strength and conditioning, giving him unique expertise in understanding how nutrition and supplementation can complement strength training. He has worked extensively with strength and power athletes in sports such as Olympic weightlifting, powerlifting, bodybuilding, football, basketball, and baseball. His professional licenses and certifications include registered dietitian and certified strength and conditioning specialist.

Prior to his work with the Philadelphia Eagles, Hingst was assistant strength and conditioning coach of the Jacksonville Jaguars. He also spent three years as the director of sport nutrition at the University of Nebraska. In that role he directed programs in body composition analysis, nutrition education, performance fueling strategies, eating disorder prevention and counseling, and sport supplements and hydration. Before joining the Nebraska Cornhuskers, Hingst served as team nutritionist for the Atlanta Falcons during their 2008 season, after spending five years in strength and conditioning and sport nutrition capacities at Florida State. During his time at FSU, Hingst earned his master's degree in clinical nutrition with an emphasis in sport nutrition. He received bachelor's degrees in nutrition sciences and dietetics and exercise science from Nebraska in 2001.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A