

Course Information Sheet

Course Title: Nancy Clark's Sports Nutrition Guidebook, Fifth Edition

Course Description: Whether you are preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. Learn what to eat before and during exercise and events and how to refuel for optimal recovery and find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you are seeking advice on getting energized for exercise or improving your health and performance, this new edition of the Sports Nutrition Guidebook has the answers you can trust. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 504 pages.

Learning Objectives:

1. Understand the three important keys to eating, namely variety, wholesomeness, and moderation.
2. Be able to discuss the Food Guide Pyramid in terms of number of servings and serving size.
3. Identify good, better and best choices in each food group of the Food Guide Pyramid.
4. Discuss how diet impacts on health and diseases such as heart disease, cancer, high blood pressure, diabetes, osteoporosis, and pregnancy.
5. Discuss the pros and cons of coffee and other beverages that contain caffeine.
6. Make better food choices throughout the day to fight stress and fatigue.
7. Understand what makes up a healthy salad that is lower in calories but high in nutrition.
8. Apply strategies to increase nutrition and reduce fat and calories when eating out.
9. Discuss the benefits of snacking to keep energy levels high and to fuel exercise.
10. Understand the timing of snacking prior to exercise in the morning or in the afternoon.
11. Discuss the effects of caffeine on exercise performance.
12. Describe pre-exercise meal and snacking guidelines such as eating high-carbohydrate meals, allowing adequate time for digestion, being cautious with sugary foods, and limiting high-fat proteins.
13. Describe factors that must be considered when eating during long endurance exercise.
14. Understand what the body needs in terms of fluid, electrolyte and glucose replacement during extensive exercise that lasts for longer than 60 to 90 minutes.
15. Apply guidelines for fluid replacement.
16. Identify factors that indicate dehydration.
17. List nutritional strategies that help to improve recovery from extensive exercise.
18. Understand the role of iron and zinc in maintaining health, and recommended intakes as well as foods that supply these minerals.
19. Separate fact from fiction regarding protein supplements.

20. Understand the role of body fat in the body, factors that determine an individual's body fat and levels of body fat that are necessary for good health.
21. Separate fact from fiction regarding exercise and losing body fat.
22. Discuss menopause and its role in body fat gain.
23. Describe the pros and cons of determining body fat using underwater weighing, the Bod Pod, skinfold calipers and bioelectrical impedance.
24. Discuss factors that should be addressed for those individuals who want to gain weight without adding excess fat.
25. Understand the physiology of losing weight healthfully.
26. Discuss common mistakes that dieters often make that cause lost weight to be regained.
27. Calculate estimated daily calorie needs including calories for a resting metabolic rate, activities of daily living, and purposeful exercise.
28. Calculate caloric intake that would create a slow and healthy weight loss without starvation.
29. List the ten steps to successful fat loss.
45. Describe the role exercise addiction plays in eating disorders.
46. List common personality traits that are often seen in athletes with eating disorders.
47. Identify the clinical symptoms associated with a diagnosis of anorexia and bulimia.
48. Discuss steps that can be taken to help prevent amenorrhea in female athletes with eating disorders.

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.exercisetc.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:

Nancy Clark, MS, RD, CSSD, renowned author and board-certified specialist in sports dietetics, is known for her ability to translate the science of nutrition for exercise and health into practical tips to enhance performance, manage weight, and resolve eating disorders. She has a private practice in the Boston-area (Newton, MA), where she offers nutrition consultations to both casual exercisers and competitive athletes. Her more renowned clients have included members of the Boston Red Sox, the Boston Celtics, and many collegiate, elite, and Olympic athletes from a variety of sports. She is team nutritionist for the Boston Red Sox.

An internationally known lecturer, Clark has given presentations to professional groups such as the Academy of Nutrition and Dietetics (AND) (formerly known as the American Dietetic Association) and

the American College of Sports Medicine (ACSM), as well as team talks to athletes at Boston-area colleges. Clark offers workshops nationally to health professionals with her sports nutrition workshop series (www.NutritionSportsExerciseCEUs.com). As a part of the Leukemia & Lymphoma Society's Team in Training Virtual Marathon Training Program, Clark helps novice runners complete the distance.

Clark received her bachelor's degree in nutrition from Simmons College in Boston and her master's degree in nutrition from Boston University. She completed her internship in dietetics at Massachusetts General Hospital. She is a fellow of the American Dietetic Association, recipient of its Media Excellence Award, an active member of ADA's practice group of sports nutritionists (SCAN), and a recipient of that group's Honor Award. In addition, Clark is a fellow of the ACSM and a recipient of the Honor Award from ACSM's New England chapter. Clark received the 2015 Nutrition Science Media Award from the American Society of Nutrition.

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

Sponsors: N/A