

**Course Information Sheet:**  
**Nutrient Timing: Fueling Strategies to Unlock Peak Performance**

**Course Description** Whether you're an endurance runner, a team sport competitor, or a strength and power athlete, *Nutrient Timing: Fueling Strategies to Unlock Peak Performance* gives you science-backed advice that has been translated into practical recommendations to help optimize your training, boost performance, and accelerate recovery.

Learn why nutrient timing matters and how to identify your specific timing needs. Find carb, protein, fat, fluid, and supplement recommendations—for before, during, and after training or competition—that are specific to your situation, activity level, and sport.

240 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. Identify timing needs of nutritional goals.
2. Explain energy needs based on age, gender, and activity level.
3. Identify the components of a healthy plate.
4. Discuss the role carbohydrate plays in exercise.
5. Discuss the role protein plays in exercise.
6. Discuss the role fat plays in exercise.
7. Identify the different types of fat.
8. Explain the glycemic index.
9. Discuss the role nutrition plays in recovery.
10. Compare and contrast the need and use of various supplements.
11. Explain considerations for restrictive diets.
12. List the vitamin and mineral needs of the body.
13. Distinguish between fat soluble and water soluble vitamins.
14. Discuss nutrition strategies for competition and training.

**Target Audience:** Beginner/Intermediate/ Advanced

**Schedule and Format:** Self-paced home study

**Registration Fees:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

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

### **Instructor/Author Credentials**

**Lauren Link, MS, RD, CSSD**, is an assistant athletics director and the director of sports nutrition for Purdue University Athletics, where she oversees the sports nutrition program and works with football, men's basketball, volleyball, and women's soccer. Her primary duties include providing individual and team nutrition education; providing counseling and medical nutrition therapy as needed; evaluating supplements for legality, safety, and efficacy; assessing body composition and identifying athletes at high risk for bone injury using Lunar iDXA technology; overseeing the fueling stations and athletic dining hall; and managing a seven-figure budget to provide all teams with appropriate nutrition.

In addition to fueling her athletes for success on the playing field, she is also passionate about helping athletes successfully navigate the transition into the real world. She has led multiple initiatives to this end, founding the Purdue student-athlete community garden and spearheading a program called BLAST—for Boiler Life After Sport—designed to help address key components of athletes' transition to “normal” life. In 2017 she published her first book on the subject: *The Healthy Former Athlete*.

Link graduated from Purdue University with a bachelor of science degree in dietetics and health, nutrition, and fitness (December 2011) and a master of science degree in health and kinesiology (December 2019). She was a member of Purdue women's soccer team from 2007 through 2011 and was part of the 2007 Big Ten tournament championship team. She is a registered dietitian (RD) and holds the Board-Certified Specialist in Sports Dietetics (CSSD) credential. She is active within the Collegiate and Professional Sports Dietitians Association (CPSDA) and is a member of the Sports and Human Performance Nutrition (SHPN) practice group.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A