

## Course Information Sheet

**Course Title:** Nutrient Timing for Peak Performance

**Course Description:** The science of sports nutrition teaches that WHEN you eat is as important as WHAT you eat. This cutting edge course uses the latest dietetic research to improve your clients' training and performance. With guidelines specific to training and competition, as well as sample meal and snack plans, you'll see how certain nutrients in precise amounts at specific times can improve consistency of energy, speed recovery, increase the building effects of strength training, diminish muscle breakdown, improve immune function, and minimize your risk of injury. This is your guide to peak athletic training and performance. 237 pages, softcover.

### Learning Objectives:

1. Understand how taking in nutrients at the right time in regard to exercise will help athletes maximize their training.
2. Help to formulate an eating plan to meet the goals of the athlete
3. Comprehend what nutrient timing is and why it is important
4. Understand how exercise affects the body which in turn will allow a better comprehension of the need for nutrient timing
5. Analyze and sort out the facts from the myths and misconceptions when educating athletes about nutrients
6. Understand how setting goals and timing for nutrient intake may vary for training vs. competition
7. Determine unique nutrient timing with a personalized plan for your client or athlete for before, during, and after workouts, practices, games, or matches.
8. Acknowledge and understand that what you eat and when you eat it can influence the immune system and injury risk
- 9.. Discuss the effects of caffeine on exercise performance.
10. Describe pre-exercise meal and snacking guidelines
11. Describe factors that must be considered when eating during long endurance exercise.
12. Understand fluid, electrolyte and glucose replacement during extensive exercise
13. Apply guidelines for fluid replacement.
14. Identify factors that indicate dehydration.
15. List nutritional strategies that help to improve recovery from extensive exercise.
16. Discuss the pros and cons of alcohol for athletes.
17. Evaluate the role of vitamin and mineral supplements and athletic performance.

**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](http://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:**

**Heidi Skolnik, MS, CDN, FACSM**, is the president of Nutrition Conditioning, Inc., a nutrition consulting practice. She has master's degrees in exercise science and human nutrition. She is also a New York State certified nutritionist, a fellow with the American College of Sports Medicine (ACSM), and a certified ACSM health fitness instructor.

Skolnik is the sports nutrition consultant to the New York Giants, the Juilliard School, and the School of American Ballet. She is a senior nutritionist at the Women's Sports Medicine Center at Hospital for Special Surgery and part of the New York Road Runners sports nutrition team. Previously, Skolnik spent 15 years working with the New York Mets. She has also worked with professional athletes in football, baseball, basketball, cycling, and soccer; Olympic-level athletes; marathoners; and collegiate wrestlers.

As an expert resource for national media, Skolnik has been referenced in newspapers and national magazines such as *Men's Health*, *Stack*, *Self*, *Glamour*, *GQ*, and *Real Simple*. She appears frequently on TV and has been seen on *CNN American Morning* and *Headline News*, the *Today Show*, *Good Morning America*, the *Early Show*, *Primetime*, *20/20*, *Extra*, and the Food Network.

**Andrea Chernus, MS, RD, CDE**, is a registered dietitian and New York State certified dietitian and nutritionist. She holds a master's degree in nutrition and exercise physiology from Columbia University in New York. She maintains a full-time private practice on the upper west side in New York City, where she sees many athletes and performers.

Chernus consults with runners in the New York Road Runners Club and the New York City Marathon and is part of the New York Road Runners sports nutrition team. As part of Nutrition Conditioning, Inc., she also consults to the Juilliard School. Previously, she was the clinical nutritionist for Columbia University Health and Related Services. Chernus' articles have been published in *Training & Conditioning*, *Stack*, *Dance Spirit*, *Bottom Line*, and *Pointe*. She has been quoted in *Outdoors*, *Shape*, *Self*, *YM*, *Women's Day*, and *Bicycling*. She has also appeared on local and national TV.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exercisetc.com](http://www.exercisetc.com)

**Sponsors:** N/A