

Course Information Sheet

Course Title: Plant-Based Sports Nutrition

Course Description: Gain the plant-based advantage! Join the thousands of runners, bodybuilders, and athletes from virtually every sport who rely on foods and beverages made without animal products. Every day an increasing number of athletes, even those who are not fully vegetarian or vegan, incorporate a plant-based diet when training or recovering from competition.

In *Plant-Based Sports Nutrition*, registered dietitians Enette Larson-Meyer and Matt Ruscigno combine decades of evidence-based research with personal experience working with--and as--vegan and vegetarian athletes to offer you a reliable and complete explanation of how, when, and why you need to plan your nutrient intake to maximize nutrition and get the best results. They will help you make smart decisions about properly fueling your body so you have the energy and stamina to boost your training and excel during competition.

Learn how to get proper amounts of all essential macronutrients, vitamins, and minerals, taking into account your personal caloric needs. Draw inspiration from athletes who share how they succeed in their sports while following a plant-based way of eating. Enjoy plenty of recipes to use for training, event, and everyday nutrition needs and utilize the tailored meal plans and training strategies to properly fuel your body. Understand nutrient timing and relative energy deficiency syndrome (RED-S) as well as how to meet protein and amino acid requirements while doing light, moderate, or intense training for your sport. Get information on keto diets, tips for optimizing bone health and iron intake, and instructions for making your own fluid-replacement beverage.

Whether you are a dedicated vegetarian or vegan looking to add variety to your diet or you are an athlete searching for a plant-based competitive edge, *Plant-Based Sports Nutrition* will help you maximize your diet for optimal performance!

Learning Objectives:

After completing this course participants will be able to:

1. Explain what "Plant-Based" nutrition is
2. Recall the difference between various types of vegetarians
3. Relate the health benefits to plant-based diets as well as performance benefits
4. Create a plant-based plan that consumes an appropriate amount of calories while getting a well-balanced nutritional plan
5. Recognize the different types of carbohydrates and how to incorporate into a performance eating plan appropriately
6. Calculate daily energy needs based on REE, NTEE, and TEE
7. Relate the importance of protein, fats, and carbohydrates in a well-balanced nutritional plan while recognizing the signs of unbalanced nutritional plans in an athlete.

8. Determine protein needs while creating plans that allow athletes to build muscle without meat in the diet plan.
9. Recall the role of various vitamins and minerals in a healthy body for function while recognizing deficiencies and excess in an athlete.
10. Create plant-based plans with adequate nutrition and calories before, during, and after events
11. Recall and relate for athletes when is the right time to supplement
12. Create nutritional plans to help prevent or reduce muscle cramps and inflammation

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:

Enette Larson-Meyer, PhD, RD, CSSD, FACSM, is a professor at the University of Wyoming and is a well-respected researcher in the area of sports and exercise metabolism. Her research centers on how nutrition influences the health and performance of active individuals at all stages of the life cycle and at all levels of performance—from the casual exerciser to the elite athlete.

Larson-Meyer is the author of *Vegetarian Sports Nutrition* (Human Kinetics, 2007) and has also authored over 80 scientific journal articles and book chapters. She served on the 2011 International Olympic Committee (IOC) Sports Nutrition Consensus Panel and on the IOC Consensus Panel for Supplementation in the Elite Athlete. She is a board certified specialist in sports dietetics, is a former sports dietitian for the University of Alabama at Birmingham, and is active in SCAN (the sports, cardiovascular, and wellness nutrition practice group of the Academy of Nutrition and Dietetics) and the American College of Sports Medicine, where she serves as an associate editor for medicine and science in sports and exercise. She is also a past chair of both SCAN and the vegetarian nutrition (VN) practice group of the Academy of Nutrition and Dietetics. Personal interests include trail running, flat water kayaking, Irish step dancing, yoga, and being the number-one fan of her one semi-vegetarian and two vegetarian children.

Matt Ruscigno, MPH, RD, is a leading expert in plant-based nutrition and has followed a vegan diet for more than 20 years. He has a nutritional science degree from Pennsylvania State University, a public health nutrition master's degree from Loma Linda University, and certification as a registered dietitian. He is a coauthor of the *No Meat Athlete* book with Matt

Frazier and *Appetite for Reduction* with Isa Moskowitz and is lead author of *Cacao, Superfoods for Life*. He is the past chair of the vegetarian nutrition (VN) practice group of the Academy of Nutrition and Dietetics and currently is the chief nutrition officer at Nutrinic, a start-up health-care company using plant-based nutrition for the prevention of cardiovascular diseases. Recreationally, he has raced ultramarathons, Ironman races, and 24-hour mountain bike races, and he has bike toured over 15,000 miles. He is a long-time resident of Los Angeles, California.

Scope of Practice

- A fitness professional or personal trainer can give general information about healthy eating and making informed choices about food intake.
- Fitness Professionals DO NOT prescribe diets or recommend specific supplements.
- Fitness Professionals DO provide general information on healthy eating.
- The prescription of special diets and recommendations about nutritional needs are done in the light of a person's overall health status. A fitness leader does not have access to all of a client's medical history and conditions so diets can only be prescribed by specialist medical personnel. If they feel there is a concern, the fitness professional may refer the client to a medical specialist for specific advice and/or refer clients to a registered dietician for a specific diet plan.
- From the IDEA Foundation position statement:
<http://www.ideafit.com/pdf/MedOpinion.pdf>

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

Sponsors: N/A