

Sports Nutrition Essentials

Online Course

Who is this course for?

This course was designed for:

- New graduates in Dietetics (Bachelor or Masters level) who don't yet meet the criteria to undertake the [SDA 4-day Sports Nutrition Course](#)
- Accredited Practising Dietitians who are interested in exploring a specialisation in Sports Nutrition before committing to the [SDA accreditation pathway](#)
- Accredited Practising Dietitians who need a base level of sports nutrition fundamentals to support the occasional athlete and to identify when to refer an athlete to an Accredited Sports Dietitian.

What are the learning objectives of this course?

The course is made up of four modules: Fuelling, Recovery, Hydration and Supplements. Each module is broken down into four parts:

- Relevant theory
- Practical application for recreational athletes
- Practical application for active juniors
- Application to a non-athletic population

To successfully complete the course, participants must complete all four parts within each module. Each part includes a short video presentation delivered by an Accredited Sports Dietitian, as well as a knowledge assessment quiz. At the end of each module, a case study is provided to further consolidate learning.

How long will I have access to the course?

Once you have been uploaded onto the Learning Management System (LMS), you will have access for 6 weeks until the course deadline.

Do I need to complete the course in any order?

This course is self-paced, which means you can do as little as you like or as much as you like at any given time. It is recommended that you start with the first module and then progress through to the last, as each module will build on knowledge from the previous module.

What are the course requirements?

To receive your 'Certificate of Attendance', you will need to complete assessment items (Multiple choice Questions (MCQs)) throughout the course. Do not worry, you will have unlimited attempts!

How long will it take me to do the course?

This online course is worth 8 CPD hours, so it should take approximately 8 hours to complete. You will need to manually upload your CPD hours for this course.

Who were the Content Matter Experts for this course?

This course was brought to you by the Centre for Advanced learning (CAL) in collaboration with Sports Dietitians Australia.

Ali Disher

Ali is an Advanced Sports Dietitian and Exercise Physiologist, who is currently undertaking postgraduate research in sports nutrition and hydration. She works with Apple to Zucchini: Performance Nutrition, and consults to Queensland Academy of Sport, Queensland Rugby League, Track Cycling Academy and Swimming Queensland, as well as having previously worked at the Australian Institute of Sport. Ali is on the Board of Sports Dietitians Australia, and also lectures and supervises practicum placements for QUT's School of Exercise and Nutrition Sciences. Ali has a keen interest in endurance and combat sports.

Dominique Condo

Dr Dominique Condo is an Accredited Practising Dietitian, Accredited Sports Dietitian and Vice President of Sports Dietitians Australia. She is a lecturer in sports nutrition at Deakin University and consults to the Geelong Cats and WMBL Deakin Melbourne Boomers.

Alan McCubbin

Alan is an Accredited Sports Dietitian (Advanced) with 15 years industry experience. He works as a post-doctoral researcher and lecturer at Monash University, as well as consulting to Triathlon Australia's High Performance Program, and in his own online private practice. Alan's research to date mostly focuses on sodium and hydration in endurance athletes, as well as strategies to prevent gastrointestinal problems during exercise.