



Certificate Course in Sports & Fitness Nutrition

Fuel performance with science-backed nutrition

A 4-month certificate in sports and fitness nutrition — covering nutrition foundations, fitness components, exercise fueling strategies, carbohydrate loading, and ergogenic aids.

INVESTMENT

₹39,999

DURATION

4 MONTHS

SCHEDULE

3 CLASS / WEEK

CLASS LENGTH

90 MINUTES

LED BY

Princy Rasaniya

NUTRITION COACH

ENROLL

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① WHY THIS COURSE

From Nutrition Foundations to Peak Performance

This course is designed for aspiring sports nutritionists, fitness trainers, coaches, and nutrition enthusiasts who want practical expertise in fueling athletic performance. Across 2 structured modules, you'll build core nutrition science foundations and then apply them to fitness components, exercise fueling, carbohydrate loading, and ergogenic aids used by athletes.

Program Highlights

- Strong food science & nutrition foundations before sports application
- Deep dive into fitness components — cardio, muscular endurance & strength
- Exercise fueling strategies & energy utilisation during workouts
- Carbohydrate loading protocols for competitive athletes
- Safe vs. abused ergogenic aids, including anabolic steroids & creatine
- Live, instructor-led batches — 3 classes a week, 90 minutes each

Who Should Enroll

- Aspiring sports & fitness nutritionists
- Fitness trainers & strength & conditioning coaches
- Athletes wanting to self-manage their nutrition
- Anyone seeking science-based expertise in performance nutrition

Introduction to Nutrition, Dietetics & Food Science

1. Foods, Nutrition and Health

- Foods, Nutrition and Health fundamentals

2. Nutrients in Foods

- Carbohydrates
- Proteins
- Fats
- Minerals
- Vitamins
- Water

3. Core Nutrition Concepts

- Basal Metabolic Rate
- Energy Balance
- Food & Food Groups
- Calorie Requirement
- Introduction to the Food Exchange List
- Meal Planning
- Cooking & Cooking Methods
- Methods of Improving Nutritional Quality of Food
- Food Adulteration

Sports & Fitness

1. Components of Fitness

- Principles of Exercise, CR fitness, Physiology of aerobic training
- FITT factors, Types of aerobic exercises, Warm up and cool down

2. Muscular Endurance and Strength

- Muscular fitness, muscular contractions, principles of muscular training, muscle overload
- Muscular endurance / strength development — progression, specificity, regularity, recovery, balance, variety
- Workout techniques & safety factors, exercise selection, timed sets
- Flexibility & its benefits, stretching & its benefits

3. Nutrition & Fitness

- Dietary guidelines, healthy eating, foods to be avoided
- Concerns, RDA for fluid intake, benefits of fitness

4. Basic Anatomy — Tissues and Organs

- Tissue types, blood, structure of muscles, organs
- Brief overview of the 10 body systems

Sports & Fitness

5. Nutrition Needs for Exercise

- Nutrition & training for team players; nutrition & sport focus
- Energy utilisation during exercise — aerobic & muscle building metabolism
- Anaerobic metabolism / glycolysis; oxidative / aerobic metabolism; energy for building muscle
- Energy storage, fuels used for exercise (carbohydrates, proteins, fats), fuelling cycle
- Recovery during & post workout, calorie goals, muscle glycogen replacement, nutrient recommendations

6. Carbohydrate Loading

- What CHO loading is & how it improves performance; who should load & how it's achieved
- Modern-day athlete CHO loading; pre-event CHO boosting; CHO intake during exercise; post-event loading
- Sample diets & special considerations; pre-event nutrition & pre-game meals

7. Ergogenic Aids

- Safe ergogenic aids vs. most commonly abused aids
- Anabolic steroids, creatine

Meet Your Instructor



Princy Rasaniya

Clinical Dietician & Diabetes Educator

**Bsc (FSN), P.G in Dietetics, Msc (DFSM), CDE
With 14 years of Experience**

Princy brings practical, real-world nutrition coaching experience to this diploma, guiding learners from foundational science to hands-on clinical diet planning.

✉ hello@acmeskillverse.com

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ENROLL NOW — FUEL YOUR PERFORMANCE