



## Sports Nutrition Program

### Seminar Series

A four (4) part seminar series designed to educate today's student-athlete on the importance of developing healthy nutritional habits that will positively affect their sport performance, training outcome and overall health.

### Seminar #1 – Nutrition for Optimum Performance

**Purpose:** Create a personal awareness to your current nutritional habits and discover strategies to create a personalized nutrition plan.

**Goal:** Learn simple and practical solutions for meals and snacks that will make the science of sports nutrition easy to implement in your daily routine.

#### Objectives:

- Discover strategies for Pre- and Post-Training Nutrition
- Recognize specific Game Day Nutrition requirements
- Analysis of Food Energy Sources (Carbs, Fat and Protein)
- Complete three (3) day body log and food analysis

### Seminar #2 - Energy and Calorie Balance

**Purpose:** Fine tune your knowledge of food and fluid intake for optimal training, performance and recovery.

**Goal:** Identify personal needs for nutrition applicable to the energy system you use for your sport, position and current training program.

#### Objectives:

- Identify the energy system you use for your sport, position and current training program.
- Determine total calorie intake requirements for your personal needs and goals.
- Apply ten (10) basic rules of nutrition for overall health and sport.
- Review three (3) day body log and food analysis.



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### Seminar #3 – Nutrient Timing, Food Choices and Ergogenic Aids

**Purpose:** Identify what nutrients you require and what food choices work for you.

**Goal:** Plan your meals; understand how to time your food and fluid intake.

**Objectives:**

- Choose your foods. List and plan what you like to prepare and what is available.
- Chart and label time, calories, food choices for your training and game day.
- Identify vitamin and mineral requirements for long term health benefits.
- Explore food supplements and ergogenic aids.

### Seminar #4 – Private Counseling Session

**Purpose:** Review results from body log and set goals for improvement.

**Goal:** Personalize and finalize your program to ensure long term success.

**Objectives:**

- Create ten (10) breakfast and snack choices.
- Design four (4) dinners and lunches.
- Evaluate your sleep patterns and set goals for improved rest.
- Identify six (6) eating habits that you feel are detrimental to your health and performance.