



Sports Nutrition

The course will cover the importance of nutritional recovery, fuel sources, and carbohydrates as a primary source of fuel for exercise, understand how nutrients influence the body in sport.

Course Code: UXPKHH15

Start Date: Sat 18 January 2020

Weeks: 1

Time: 10:00 - 16:00

Fee: £45 *

Overview

This one day course will introduce you to the importance of diet and nutrition in aiding sporting performance. This introduction to sports nutrition taster course is ideal for anybody who is interested in the role that nutrition can play in supporting training and sporting performance.

* Fee remission available on this course