

Interested in learning more about general sports nutrition and how it can affect fitness, health and performance?

Are your clients asking you for nutrition-related advice?\*

Update your knowledge with experienced and qualified Accredited Sports Dietitians to take you through the latest sports nutrition practice and advice.

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**Nutrition for Exercise and Sport Course**  
**“For the Active Person”**

**Date:** Saturday 25<sup>th</sup> February 2012  
**Time:** 8.30am – 4.00pm  
**Venue:** Meeting Room, Sports House, 6A Figtree Drive, Homebush Bay, 2127  
**Cost:** \$275 incl GST  
\$247.50 incl GST (SDA, students & SMA members)

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**Accredited with:**



**8 CECs**



**7 CECs**



**2 CECs**

**How is it assessed?**

- An online, open book, multiple choice questionnaire will be required to be completed post course
- The test is optional but required in order to obtain 8 CEC points from Fitness Australia and 2 PDP points from Kinect Australia.
- \*Please note that upon completing this course, you are not qualified to design diets for individuals. This course is intended to develop your general sports nutrition awareness.

**Fee includes**

- Morning and Afternoon teas
- Lunch
- Glenn Cardwell's 'Gold Medal Nutrition', 4th Edition
- Sponsor goodies!
- Question and answer time with Accredited Sports Dietitians

Proudly sponsored by

**P:** 03 9926 1336

**F:** 03 9926 1338

**E:** [info@sportsdietitians.com.au](mailto:info@sportsdietitians.com.au)

**W:** [sportsdietitians.com.au](http://sportsdietitians.com.au)

**A:** Level 2, 375 Albert Road,  
South Melbourne VIC 3206

**SUSTAGEN**

## PRESENTERS

### **Dr Janelle Gifford**

Accredited Sports Dietitian and Adv APD. PhD, MSc, BSc, BBus

Janelle has been practising for more than twelve years and is one of only 61 advanced practitioners in the country. She has a vast array of experience including lecturing sports nutrition at the Universities of Sydney and Wollongong, previous Board member of Sports Dietitians Australia, working with the NSW Institute of Sport in a range of sports (including hockey, cycling and netball), NRL referees, Defence Forces, presenting research both nationally and internationally, writing articles for professional journals and magazines. She also consults individuals at her Illawong practice in Sydney's South.

### **Caitlin Reid**

Accredited Sports Dietitian, B Nutr&Diet, APD, Level 1 Anthropometrist

Caitlin is an Accredited Sports Dietitian and Accredited Exercise Physiologist who studied at Deakin University in Victoria. She is the club Dietitian for the South Sydney Rabbitohs, lectures on sports nutrition at The Australian College of Physical Education, and writes for Good Health magazine and Healthy Food Guide magazine. She is the founder of Health of the City, a business that empowers individuals and groups to achieve a happy, healthy and more fulfilling lives. Caitlin has also written a book of the same name and sees individual clients at her private practice at Balmain Sports Physiotherapy in Rozelle. Her areas of expertise are in sports nutrition, lifestyle management and weight loss, as well as special dietary requirements such as diabetes, high cholesterol, high blood pressure, and Coeliac disease.

## TOPICS COVERED

**This course will cover the following topics through three case studies:**

Eating for Health and Sport

Metabolism and Weight Control

Fuels for Exercise

Protein and Bulking Up

Performance Nutrition

Pre-exercise and Recovery Nutrition

Fluids in Sport.

### **Case Study 1: Janice: The Weight Loss Client**

Janice is a typical client who is trying to incorporate regular exercise into her lifestyle and would like to lose some weight. This session covers many of the common questions and misconceptions about weight loss and exercise nutrition, fat burning and exercise and provides many appropriate practical tips and strategies for weight loss.

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**Case Study 2: Trevor: The Sporty, Fitness Focused Client**

This session aims to provide participants with an understanding of the benefits of good sports nutrition, the fuels used during exercise, the role of carbohydrate during activity and the impact on its ability to sustain performance. The session will also cover issues like hydration, the theory and practical ideas of what to eat before, during and after exercise (and when its appropriate), and the use of sports food products like sports drinks and gels.

**Case Study 3: Marco: The Bulk Up Client**

This session has a focus on strength gain and hypertrophy as promoting gains in muscle mass is a common goal of many clients engaging a personal trainer. The session aims to provide participants with an understanding of what works & what doesn't as it is sometimes hard to identify what works best when there is such conflicting advice on offer. This session is all about providing evidence-based, best practice dietary information on altering body composition and supplement advice that can be applied to your clients to help them achieve their goals.

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**NUTRITION FOR EXERCISE AND SPORT COURSE REGISTRATION FORM**

Name	
Organisation	
Occupation	
Address	
Post code	
State I am registering for	<b>NSW 25<sup>th</sup> February 2012</b>
SDA or SMA #	
Phone	(M)
E-mail	
Dietary requirements	
How did you hear about the course?	

**Registrations close Friday 17<sup>th</sup> February 2012 or until fully booked**

**Return to:**  
Sports Dietitians Australia  
Level 2, 375 Albert Road  
South Melbourne, VIC 3206  
**Or**  
Fax 03-9926 1338

Payment \$275 (or \$247.50 for SDA, students & SMA members)

- \$50 cancellation fee applies or transfer to next available course (refer to cancellation policy)
- Copy of student card required to be eligible for student discount.
- Group booking payments must be made together

Cheque  Please make cheques payable to *Sports Dietitians Australia*

Credit Card  Card Type: \_\_\_\_\_ (Visa, MasterCard, Bankcard)

Card Number: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

- Please note only one (1) course reschedule per registrant is permitted. If transfer notification is received less than 7 days before the course date a \$25 administration fee will apply.
- Your registration is not confirmed until payment has been received. Payment will not be accepted on the day of the course.

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### **Cancellation Policy**

- 1) A full refund will be given, less a \$50 administration fee, if notification in writing is received three (3) to four (4) weeks prior to the course date or transfer to next available course.
- 2) Notification received in writing 2 weeks prior to the course will attract a 50% cancellation fee or transfer to next available course.
- 3) Notification within seven (7) days of the course date will result in the forfeit of the full registration fee (100%) or transfer to next available course. \*
- 4) A full refund will be given if a registrant can prove a refund is applicable on compassionate grounds. Documented evidence may be needed.
- 5) No refunds or course transfers will be given to registrants who do not show up to the course on the day.
- 6) Sports Dietitians Australia intend to deliver every course, however we reserve the right to cancel or postpone a course to an alternative date. All registered participants affected by such a cancellation will receive a refund or be offered the opportunity to transfer to a future course offered by Sports Dietitians Australia.

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