

This document will tell you everything you need to know about the hybrid SDC Course including;

- What you will learn
- Application criteria
- Registration process
- Letter of recommendation
- FAQ

What you will learn:

The **Sports Dietetics Course** will educate you in how to convert the science of sports nutrition into practical and meaningful interventions for athletes and coaches. Nationally and internationally recognised sports nutrition professionals incorporate the latest information on sports nutrition and share their personal insights into working with athletes.

Topics include:

- Principles of Training & Exercise Physiology
- Sports Nutrition Principles for Training & Recovery
- Carbohydrate Periodisation
- Sport Supplements
- Nutrition for Endurance Sports
- Nutrition for Team Sports
- Weight Gain & Protein Requirements for Athletes
- Body Composition and Physique Athletes
- Weight Loss and Relative Energy Deficiency
- Hydration Assessment and Interventions
- Endurance and Ultra Endurance Athletes
- High Intensity Sports & Specialty Areas

Practical advice from the experts on:

- Getting Involved in Sports Nutrition
- Working with Athletes & Teams
- Research in Sports Nutrition
- How to Overcome Performance Issues
- Planning a performance nutrition program.

Application Criteria / Pre-Requisites

- Completion of a Dietetics degree (Bachelor or Masters level)
- Being mentored by an Accredited Sports Dietitian and/or
- Your employer/mentor believes this course would be beneficial to you (confirmed by Letter(s) of Recommendation)
- SDA Member

NB International dietitians are warmly invited to undertake the course. Please note, that to progress to being an Accredited Sports Dietitian following the SDC course, participants also need to be an Accredited Practising Dietitian with DA or hold a current Practising Certificate with the Dietitians Board of New Zealand ie at this time the AccSD credential is only available to Australian and New Zealand Dietitians (for the full criteria to be an Accredited Sports Dietitian, please [click here](#)).

Application & Registration Process

Step 1 – Register your interest to ensure you are kept up to date with upcoming courses.

Step 2 – SDA will email those who have registered their interest, inviting them to submit an application to attend the course (including Letter of Recommendation). Acceptance into the course requires you to be a current member of SDA to ensure you have full access to support and resources (you can [join here](#)). A \$500 deposit is required, **purchase via the member store** (refundable if not accepted into course).

Step 3 – Successful applicants are notified of their acceptance to attend the course.

Step 4 – Balance of course registration becomes due.

Step 5 – Access will be provided to the course platform prior to the course commencement date.

Letter of Recommendation

The Letter of Recommendation* must be completed by your Employer / Supervisor / Mentor or an SDA Member to:

- Verify your relevant experience;
- Confirm that the qualification you gain from the course has the opportunity be utilised; and
- Provide support for your ability to uphold the professional standards of an Accredited Sports Dietitian.

**More than 1 letter can be submitted if required*

FAQS

What is the course format?

Online:

7 weeks of online content. The format varies to include more formal and informal learning, including:

- **Online learning modules** - a combination of text, embedded videos, and interactive components that cover the theoretical content, and some practical elements.

- **Video/podcast discussions** with experts about the practical nuances of the particular topic. You can easily listen to these whilst you're at the supermarket, on the train to work, cooking dinner, or going for a run.
- **Video lectures/presentations** (slide format with narration) - these are restricted to more practical/applied aspects of sports nutrition, since pre-recorded theoretical lectures can be very unengaging for the listener.
- **Self-directed activities** - opportunities to apply your learning to typical scenarios encountered by Accredited Sports Dietitians. Some of these tasks are completed during live Zoom workshops together with other course participants, and some are followed up during the face-to-face days.
- **Live Zoom workshops** (Week 4 and Week 7) - these live sessions provide opportunities to meet other course participants, ask questions about the content, and work on some of the practical tasks with expert input.
- **Short quizzes** to test your theoretical knowledge.

In-Person:

A 2 day, in-person workshop in Melbourne, which follows 3-4 weeks after the last online content is released. The in-person workshops are focused on the practical implementation of sports dietetics and the theory learnt in the online modules, and include a variety of activities, case studies, Q&A sessions, demonstrations, and hands-on learning.

How long does it run for?

The course runs for the 7 weeks of online content, a 3–4-week break which you can use to catch up on any content not already completed, and then the 2 days in-person. After the course, participants have an additional 12 months of access to the online content, so don't stress that you'll lose it after the in-person days!

What is the expected time commitment for the online content?

The estimated time commitment to complete the online course content is around 5-7 hours per week over the 7-week duration. This may vary, as everyone progresses through the learning modules at different rates. We will provide guidance on which course content to prioritise before the live Zoom workshops and in-person days. The remaining material can be completed later if needed.

Additionally, each module includes links to open-access, peer-reviewed papers, position statements, guidelines, podcasts, videos, and more. This extra content supplements the 5-7 hours per week and is optional but is available for your reference if you have a particular area of interest.

Are there assignments and/or exams?

There are no additional assignments or exams – you'll be completing activities as a group at the in-person days.