



Personalised Sports Nutrition

This newly revised module is open for distance learning to students and graduates with a particular interest in supporting sporting performance, from a functional perspective. Each session is accessible online through our website for all registered students.

Personalised Sports Nutrition is a functional approach to Sports Nutrition, which seeks to bridge the gap between the practical, quantitative approach of classical sports nutrition and the functional, body-systems approach of personalised nutrition, as taught by the Institute for Functional Medicine and CNELM.

Historically, sports nutrition has focused on the quantity and balance of nutrients consumed in an athlete's diet, with the aim of striving towards optimum sports performance for the achievement of a sporting or fitness goal. Concordant with this aim, the module will study the macro and micro-nutrient requirements for competitive gain, including important considerations such as timings of food and fluid consumption around training exertions and competition.

In addition, the personalised nutrition approach will introduce to students the concepts of functional laboratory assessment of metabolic processes. This may have important implications for the understanding of substrate metabolism, detoxification, free radical pathology, inflammation, signs of overtraining and even premature aging in sporting individuals.

Health, incorporating optimum metabolic functioning, is thought to be a pre-requisite for athletes to maximise their sporting performance and long term success. The use and abuse of Ergogenic aids and drugs will also be discussed, along with an overview of supplementation with natural products as a relevant and important component of any sports nutrition conversation.

The module will look at genetic and biochemical individuality, mind-body approaches and breath management, in addition to nutritional strategies and a number of different clinical approaches will be examined. There will be a close look at common injuries, with a discussion of their management and prevention strategies, as well as a focus on maintaining the health of the individual engaging in sporting activity.

