

Personalised Sports Nutrition

PSN

PSN 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.

Why Choose This Module?

Provides: flexibility to study our 9 unit module at your own pace and in your own time via our online platform.

Explore: a functional approach to sports nutrition and optimising sporting performance.

Consider: macro and micro-nutrient requirements for competitive gain, including important considerations such as timings of food and fluid consumption around training exertions and competition.

Learn: how to personalise a nutrition intervention for competitive athletes or sporting individuals who may be training alongside chronic health problems and justify and critique your approach using the scientific literature.

Explore: concepts of functional laboratory assessment of metabolic processes and implications for metabolism, detoxification, inflammation, signs of overtraining and premature ageing in sporting individuals;

Consider: the use of ergogenic aids and a range of drugs, sporting injury, prevent and nutrition intervention; supplementation of natural products.

Build: on your knowledge and explore an in-depth case for a competitive athlete with health problems

Reflect: on barriers to success when implementing and sustaining a personalised nutritional intervention.

Add: to your continuing professional development with or without assessment.

- Experienced course leader and contributors
- CNELM certificate of completion with our without assessment



Entry Requirements

- Healthcare Professional
- Student undertaking a health professional course (including CNELM students)

Course Duration & Study Pathway

- 9 online blocks available to study in your own time with or without assessment with tutor support.
- Subject to availability this module may be taken with a group of peers.
- Access within a few working days of acceptance of a course offer.

Visit our [website](#) for 2027 dates and costs. See left hand panel on course web page: Course Fees and Dates.

COURSE DATES & FEES - JANUARY - DECEMBER 2027

Study Option	Fee Options
Full Module Access with Assessment	£800
Full Module Access without Assessment	£500
Access to one of nine Activity Content Blocks	£90

- 10% student discount on above prices
- Previous full purchases of the PSN module £150 to access this updated version

Ready to find our more - Contact us:

- call us on [01189 798686](tel:01189798686) to book a comprehensive course discussion
- email us at info@cnelm.ac.uk
- register to join our next online [Open Day](#) where we discuss all our courses between 11am-2pm UK time
- download our course [Application Form](#)

