



Course Category	Health			
Course Title	IPTFA Fitness & Sports Nutrition Professional Certificate Course			
Course Code	BH043			
Medium of Instruction	Cantonese			
Duration	30.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP5,870 Non-Macao Resident: MOP5,870			
Certificate	Students who have passed the written exam and met the attendance requirements will be issued a course certificate by UTM and a certificate by IPTFA. The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH043	2401	2024/04/16	2024/05/17
Objective	The course aims at providing students the skills of giving nutritional advice to physically active people or athletes according to different health conditions or special needs. Students will also understand the importance of healthy eating concepts and supplements on athletic performance, and be able to promote them to concerned targets.			
Outline	<ul style="list-style-type: none">• Sports nutrition and health• Effects of nutrition on sports and fitness• Analysis on latest nutritional supplements• Use of supplements• Nutritional assessment on drugs and common weight loss methods• Nutrition for endurance sports• Nutrition for resistance training• Chronic diseases and sports nutrition• Recovery of sports injuries and nutritional adjustment• Principles of weight control• Assessment on dietary habits			
Teacher	Please refer to the schedule			