

This learning opportunity is subsidized as a result of a grant from Alberta Education to support implementation.

## Sports Nutrition

**June 23, 2010 from 1:00 p.m. to 4:00 p.m.**

WHO SHOULD ATTEND: CTS Health Services and Physical Education Teachers

### ABOUT THIS LEARNING OPPORTUNITY:

This course will educate athletes, coaches, trainers, volunteers, and the general public at large about the fundamental concepts of nutrition, and how those concepts can be utilized to improve athletic performance. Session includes a Sport Nutrition Level 1 Workbook and handouts, and upon completion of the course, participants are presented with a Sport Nutrition certificate that is current for three years.

Sports Nutrition knowledge skills will support with implementation of the CTS Nutrition for Recreational Activities and Sport course.

### ABOUT THE FACILITATOR:

This session will be facilitated by a representative from the **Sports Medicine Council of Alberta (SMCA)**. SMCA is an organization of sport medicine physicians, sport physiotherapists, athletic therapists, sport scientists and sport nutrition specialists. The cooperative function of these individuals is to promote and coordinate the provision of sport medicine programs and services for the Alberta sport community. These professional members provide their services to assist in making Alberta a healthy and safe environment for sport and recreational activities.

Registration deadline:

**Tuesday,  
June 15, 2010  
at 10:00 a.m.**

**Please register with payment  
as soon as possible to avoid  
disappointment.**

**Sports Nutrition  
10-CT-475**

**June 23, 2010  
1:00 p.m. to 4:00 p.m.**

**Cost: \$30.00**  
(includes lunch and  
workshop materials)

**Location:**  
St. Anthony's Centre  
10440 – 83 Avenue  
Edmonton

PARTICIPANT NAME <small>(PLEASE PRINT)</small>	GRADE(S)/SUBJECTS TAUGHT
SCHOOL	JURISDICTION
SCHOOL PHONE (    )	SCHOOL FAX (    )
E-MAIL	2ND EMAIL

(CONFIRMATION AND RECEIPT WILL BE SENT TO ADDRESSES PROVIDED)

#### METHOD OF PAYMENT

VISA     MASTER CARD    CARD # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

SIGNATURE \_\_\_\_\_ EXPIRY DATE \_\_\_\_\_ / \_\_\_\_\_

NOTE: Keep this record for matching to your credit card bill.

#### COMPLETED REGISTRATION FORMS MAY BE:

SUBMITTED ON-LINE AT: [www.erlc.ca](http://www.erlc.ca)  
 FAXED TO: (780) 444-0894  
 MAILED TO: ROOM 20, 16325 – 83 AVENUE, EDMONTON AB T5R 3V8  
 QUESTIONS? CALL US AT (780) 444-2497 OR TOLL-FREE AT (877) 244-2497

#### Please note that ERLC:

- will process registrations only once payment is received and there are enough received to run the session.
- will charge a \$25.00 fee for any cancelled registration.

FOIP RELEASE: By submission of this form, I understand that my name will be included in a closed participants' group list, as compiled by Edmonton Regional Learning Consortium and made available to the presenter(s) and or the participants of this workshop.