

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

Sports Nutrition

August 19, 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,
July 27, 2010
at 10:00 a.m.**

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

**Sports Nutrition
10-CT-481**

**August 19, 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
 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.