

Career and Technology

2010-2011

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Sport Nutrition Level 1 with Sport Medicine Council of Alberta



Thursday, August 26, 2010
1:00 pm to 4:00 pm
Room 109 William Aberhart HS 3009 Morley Trail NW
Calgary
\$30 (includes lunch & workshop materials)

WHO SHOULD ATTEND?

CTS Health Services and Physical Education teachers

ABOUT THE SESSION:

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 and will be able to deliver these credentials to their students.

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.

★ Sessions may be changed or cancelled ★
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