



LPSN Board Exam Preparation Course

Course Outline and Objectives

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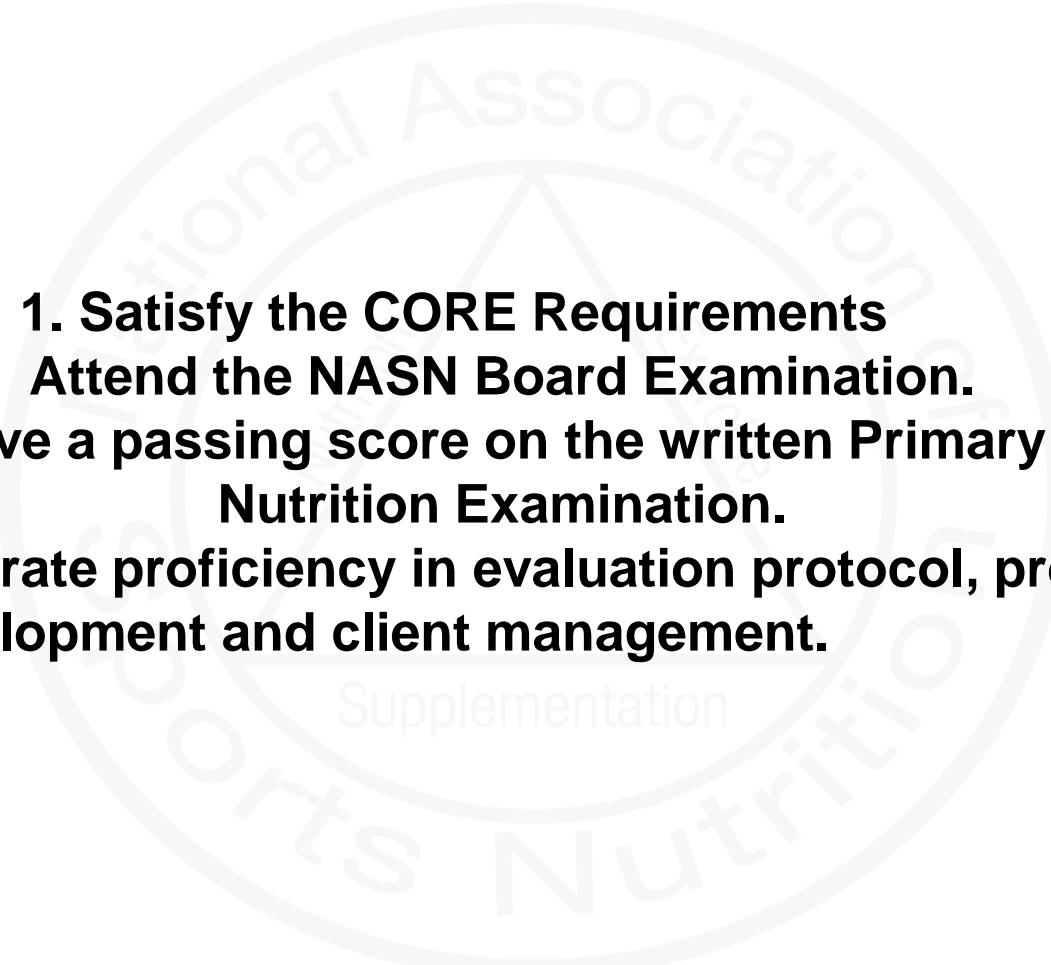
**Good luck in your studies to become
recognized as one of the world's best!!**

**This recognition is limited to only candidates who qualify as
National Association Sports Nutritionists. Because of your
initial qualifications in nutrition and fitness, you have been
granted admission to this Prep. Course, leading to the NASN
Primary Sports Nutrition Board Exams.**

NASN Primary Sports Nutrition License

This license is for health and fitness professionals who are in the position to give nutrition, exercise and supplementation advice in order to manipulate body composition and human performance. Obtaining this license should enable health and fitness professionals to move clientele toward a state of optimal health, performance and body composition.


In order to attain a License as a Primary Sports Nutritionist SM, a Candidate must:

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- 1. Satisfy the CORE Requirements**
 - 2. Attend the NASN Board Examination.**
 - 3. Achieve a passing score on the written Primary Sports Nutrition Examination.**
 - 4. Demonstrate proficiency in evaluation protocol, program development and client management.**


Welcome to the organization that helps add credibility and regulation to sports nutrition science. We look forward to your academic contributions and support. Be sure to sign up for our free **Research Group Forum**, exclusive to NASN members at www.nasnutrition.com and the Professional research discussion group on Facebook at <https://www.facebook.com/groups/nasnresearch/>

Jeff Kotterman, BS, LMSN
Director, NASN



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**Members Only Research
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Private Group
**Professionals,
Join our Group!**

Needed for this Course:

1. This presentation.
2. The email that outlines this course.

Course Itinerary

Course Outline

The Fundamentals

- Sports Nutrition Defined
- Components of Food
 - 6 nutrient categories, energy in food
 - digestion
- Components of Exercise
 - aerobic vs. anaerobic training
- Strategy for Success

Course Itinerary

Course Outline

Metabolic Assessment

- Body composition
- Energy Balance

Training Nutrition

- Carbohydrates and Performance
- Fat and Performance
- Protein and Performance
- Vitamins and Minerals
- Hydration

Course Itinerary

Course Outline

Exercise Program Development

- Fat Burning for Weight Loss
- Cardiovascular Training for Body Composition Change

Supplementation and Ergogenic Aids

- The Multivitamin Question
- Separating Science from Marketing

Course Itinerary

Course Outline

Complete Nutritional Assessment vs. Quackery

- Medical History
- Clinical Evaluation
- Nutritional Assessment
- Pseudo-Science
- Signs of Quackery

Course Itinerary

Course Outline

Special Considerations

- Fad Diets
- Eating Disorders
- Active Women

Summary

- What happens after Licensing?
- Exam Review
- Exam
- Final Notes

The Fundamentals

What is Human Sports Nutrition and How is it Applied?

The discipline of Sports Nutrition applies principles derived from current biochemical and physiological scientific knowledge for the purpose of promoting optimal health. This includes body composition, performance and recovery from exercise. Sports Nutrition does not specifically include medical nutrition for disease without specific medical supervision

The Fundamentals

What is Human Sports Nutrition and How is it Applied?

Sports Nutritionists assess an individual person's nutritional needs to achieve optimal physiological function. Assessment includes the use of appropriate tests and observations such as case history, anthropomorphic measurements, body composition, physical signs, and nutrition/lifestyle analysis to determine an educational nutrition program. Assessment also provides the basis for referral to other health professionals. Nutrition is not a "one size fits all" science.

The Fundamentals

What is Human Sports Nutrition and How is it Applied?

The educational protocol includes, among other information, nutrition/lifestyle modification, exercise, nutritive supplementation, understanding of physiological/biochemical pathways, and the evoking of regenerative processes. (NASN official definition)



The Fundamentals

Why would someone seek a Sports Nutritionist?

- To improve body composition.
- To learn how to eat and exercise for a healthy lifestyle.
- To improve athletic performance.
- To be motivated to effectively change their behavior.
- To be held accountable.
- To increase longevity and overall quality of life.
- To help manage and prevent disease (only with medical supervision)

The Fundamentals

Who are Sports Nutritionist Clients?

- Exercisers
- Students
- Athletes
- Beginners
 - Gym members, dieters and supplement takers
- Baby Boomers and the elderly



The Fundamentals

Who are not Sports Nutritionist clients?

- Those who cannot exercise at all
- Those who have an untreated eating disorder
- Illegal Drug Users

Summary

What happens once you're licensed?

Becoming a knowledgeable nutritionist is one aspect to establishing yourself. Developing a successful marketing plan is another. There are several organizations that have the experience to properly develop your business. They will assist in everything from choosing a location to properly advertising and promoting a nutrition practice. They can teach you how to introduce services professionally and establish a credible nutrition practice. Some have training that take the educated nutrition professional and plan the rate of growth for your practice and develop proper systems for office management as well as client management. There is software available to help manage client statistics, menus, scheduled appointments, classify the type of client you're attracting, and their source of referral. The National Association of Sports Nutrition will direct you in choosing companies already assisting our licensed sports nutritionists

Welcome to the organization that helps add credibility and regulation to sports nutrition science. We look forward to your academic contributions and support.

Exam Review

Written and Oral NASN Primary Board Examination

You will have 2 hrs. to complete the exam. Good Luck!

