

# ABOUT FITNESS MATTERS



## OUR STORY

Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN - U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends.

Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

## OUR ACCREDITATION AND AFFILIATIONS



WATERWORLD  
*...be more than sport*



**Quality Matters At Fitness Matters!**

## ABOUT THE COURSE

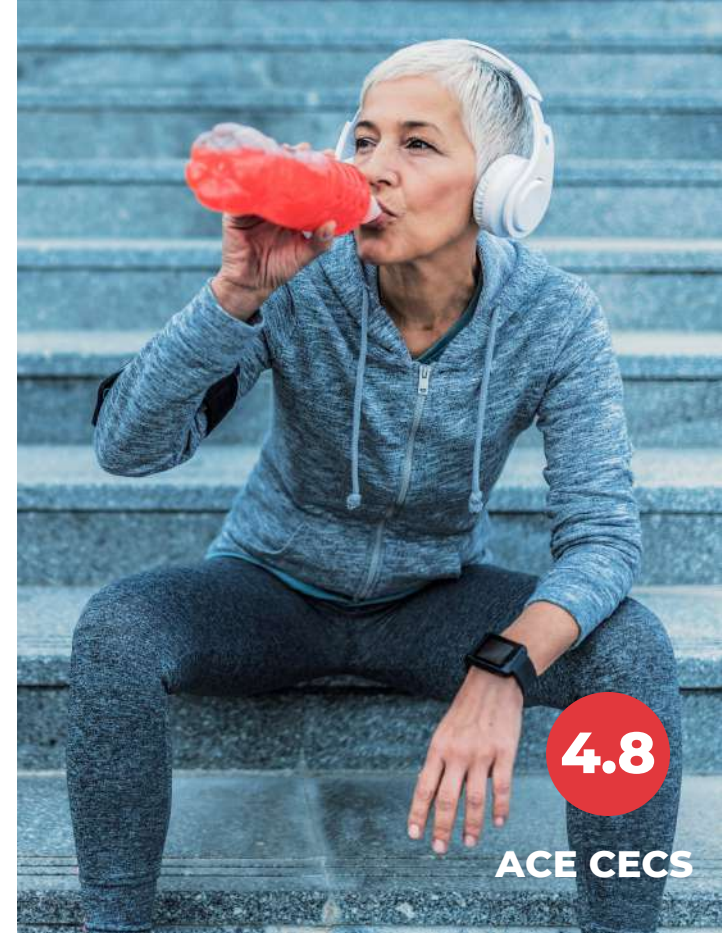
Sports Nutrition for Health Professionals is developed by Natalie Digate Muth, MD, MPH, RD, CSSD, FAAP. It merges the foundational principles and latest evidence-based knowledge and scientific understanding of sports nutrition with real-world practical applications and examples that health professional students must master to help their current and future clients to optimize athletic performance and overall satisfaction and success with sports and physical activity.



**ACE** →  
**APPROVED**

## KEY FEATURES

Original Printed Manual from USA  
Digital Access of eBook on the App  
Digital Access of Animated Videos,  
Case Studies, Audio Podcasts and  
Review Questions  
Offline Interactive Classes  
Limited Batch Size  
Bilingual Mode of Teaching  
Bilingual Online MCQ Exams



4.8

ACE CECS

# Sports Nutrition for Health Professionals (SNHP) Offline

An ACE Approved Course



## WHY GET THIS COURSE?

Have your clients ever asked you for diet and nutrition advice? In these situations, it can be tough to determine what level of guidance is appropriate and how to individualize nutritional information for clients of different ages, health status, fitness and performance goals. The Sports Nutrition for Health Professional course will provide you with this information and more, enabling you to become a more well-rounded health and fitness professional with the tools to impact lasting change in your clients' nutrition.



## WHAT YOU GET

Imported Study Material from USA  
Digital Access for On the Go Learning  
ACE Approved Certificate  
Wallet Card



## COURSE CONTENT

- Carbohydrates
- Protein
- Fat
- Vitamins, Minerals, Electrolytes, and Water
- Dietary Guidelines, General Nutrition Recommendations, and Federal Nutrition Policy
- Fundamentals of Exercise Physiology and Nutrition
- Nutrition Strategies for Optimal Athletic Performance
- Exercise, Thermoregulation, and Fluid Balance
- Nutritional Strategies for Competitive Endurance, Strength, and Power Athletes
- Nutritional Supplements and Ergogenic Aids
- Nutrition and Body Composition Coaching and Assessment
- Weight Management and Energy Balance,
- Nutrition Across the Life Cycle
- Nutrition for Athletes With Illness or Injury
- Eating and Exercise Disorders
- Nutrition for Athletes With Special Dietary Needs

## WEEKDAYS SCHEDULE



**Course Duration:** 45 Days  
**Session Duration:** 2 Hours  
**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 2 Months  
**Session Duration:** 3 Hours  
**Teaching Days:** Saturday & Sunday

## ASSESSMENT



**Exam Language:** English & Hindi

**Exam Format:** Online - Computer Based

**Exam 1**  
Multiple Choice Questions (MCQ)

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## CONTACT US

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COURSE FEE ₹

55,000 (Original Printed Study Material from USA + Digital Access of eBook on the App + Digital Access of Animated Videos + Case Studies + Audio Podcasts + Classes Fee + Exam Prep Questions + Exam Fee)

Courier Charges Extra



TOTAL SEATS &  
DISCOUNTED SEATS  
IN A BATCH



**Total Seats:** 5  
**Discounted Seats:** 2 (On Full Payment)

CONTACT US FOR THE REGISTRATION  
IN THE NEW BATCHES



EDUCATION DOES MATTER !



GOVERNMENT OF INDIA  
MINISTRY OF SKILL DEVELOPMENT  
& ENTREPRENEURSHIP



Skill India  
कौशल भारत - कुशल भारत