



Course Map - The Performance Professional's Sports Nutrition Hot Topics Playbook

Course Name: The Performance Professional's Sports Nutrition Hot Topics Playbook
Instructor Name: Amy Goodson, MS, RD, CSSD, LD
Description: The Performance Professional's Sports Nutrition Hot Topics Playbook is an on-demand course, delivered online, that provides the education, case studies, and resources necessary to grow a performance professional's knowledge and skills in sports nutrition.
Course Instructor: Amy Goodson, MS, RD, CSSD, LD received her Bachelor of Science degree in Speech Communications from Texas Christian University and her Master of Science degree in Exercise and Sports Nutrition from Texas Woman's University (TWU). She is a Certified Specialist in Sports Dietetics and adjunct professor at TWU. As a registered and licensed dietitian, Amy is passionate about marrying nutrition and communications together to provide quality, science-based nutrition information through speaking, media, writing and consulting, as well as developing young leaders to do the same. Amy is the author of <i>The Sports Nutrition Playbook</i> and co-author of <i>Swim, Bike Run, Eat</i> , and <i>The 3-D Body Revolution</i> . She has over 1500 media placements nationwide, has given over a thousand presentations and hosted nutrition and communications workshops in the US and abroad. She is the owner of Amy Goodson RD courses, a business designed to help dietetic students, interns, and new registered dietitians determine and take the steps necessary to reach their dream career.

Course Learning Objectives:

1. Enhance knowledge and skills in all aspects of the science of sports nutrition and apply principles through practical application case studies
2. Strengthen critical thinking skills when educating and working with diverse populations of athletes
3. Develop appropriate training table and travel menus for various types of teams

Module # and Title	Module Description	Module Learning Objectives (MLOs)	Case Studies and Competency Activities
<p>Module 1: <i>RED-S: Symptoms, Consequences, and Treatment</i></p>	<p>Eating disorders, disordered eating and low energy availability are common in every stage of athletics. This module distinguishes the difference between various types of eating disorders and disordered eating in sports and identifies the physical, psychological, and performance consequences of Relative Energy Deficiency in Sports (RED-S), while providing treatment strategies, meal planning tips, and return to play guidelines for athletes.</p>	<p>1.1 Distinguish the difference between various types of eating disorders and disordered eating in sports.</p> <p>1.2 Identify the physical, psychological, and performance consequences of RED-S.</p> <p>1.3 Identify treatment strategies and return to play guidelines.</p>	<p>Athlete Case Study</p>
<p>Module 2: <i>Fueling Athletes on Popular Diets</i></p>	<p>From trendy Ketogenic, paleo, and intermittent fasting diets to traditional Mediterranean and plant-based diets, eating patterns for exercisers and athletes come in all shapes and sizes, but share the same end goal – optimal performance. This module identifies the pros and cons and addresses the latest research around the most common dietary patterns and popular diets and how they relate to exercise performance and recovery to ultimately enhance strength, performance, and meet diet preference.</p>	<p>2.1 Identify pros and cons of various popular diets and their effects on health and performance.</p> <p>2.2 Optimize nutrition recommendations for athletes adhering to various eating patterns.</p> <p>2.3 Develop meal plans that align with athlete’s goals, diet preference, and training schedule.</p>	<p>Athlete Case Study</p>

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<p>Module 3: <i>Nutrition for Injury</i></p>	<p>Injury is an unfortunate norm in the world of sports. While nutrition recommendations are very individualized to the athlete and degree of injury, this module identifies the macronutrient needs for injury recovery and healing, as well as the role micronutrients play in the healing process. RDs will learn how to write meal plans based on adjusted energy and macronutrient needs for recovery.</p>	<p>3.1 Identify macronutrient needs for injury recovery and healing.</p> <p>3.2 Understand the role of micronutrients in the healing process.</p> <p>3.3 Calculate nutrition needs for the injured athlete and write meals plans to include micronutrient recommendations.</p>	<p>Athlete Case Study</p>
<p>Module 4: <i>Evaluating Supplements</i></p>	<p>Dietary supplements are an ever-changing topic in the field of sports nutrition. While it is impossible to know about every supplement, it is possible to understand how to evaluate them. This module identifies the various regulatory organizations and standards for supplements, as well as evaluates how to recognize common sports supplements, their uses, validity, and recommendations.</p>	<p>4.1 Understand the goals and the governance of the Dietary Supplement Health and Education Act (DSHEA).</p> <p>4.2 Identify the regulatory organizations and standards for supplements.</p> <p>4.3 Recognize common sports supplements, their uses, validity, and recommendations.</p>	<p>Athlete Case Study</p>

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<p>Module 5: <i>Menu Writing for Training Tables and Travel Dining</i></p>	<p>Working with teams means writing menus for training, competitions, and travel. This module will identify various considerations for writing team menus, distinguish between different types of training tables and feeding environments, and educate on how to write appropriate menus for each.</p>	<p>5.1 Recognize the various considerations for team menu development.</p> <p>5.2 Distinguish between various types of training tables and evaluate the appropriateness of each.</p> <p>5.3 Learn how to develop specific menus for different types of teams and schedules.</p>	<p>Develop a one-week training table menu for a large team participating in two-a-days.</p> <p>Develop a pre-game menu for a soccer team that has two vegetarian athletes on it.</p> <p>Develop a post-game menu with three meal options to be provided at a restaurant.</p>