



Course Map - The Performance Professional's Sports Nutrition Fundamentals Playbook

Course Name: The Performance Professional's Sports Nutrition Fundamentals Playbook
Instructor Name: Amy Goodson, MS, RD, CSSD, LD
Description: The Performance Professional's Sports Nutrition Fundamentals 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. Increase knowledge and skills in educating and working with individual athletes

Module # and Title	Module Description	Module Learning Objectives (MLOs)	Case Studies and Competency Activities
<p>Module 1: <i>Athlete Macronutrient Needs</i></p>	<p>Athlete macronutrient needs vary based on the type of athlete and variations in training. This module identifies and calculates athletes' energy and macronutrient requirements based on activity needs and size of athlete. It also finetunes macronutrient distribution recommendations to maximize training, performance, and recovery.</p>	<p>1.1 Understand the role of carbohydrates, protein, and fat in fueling all intensities of exercise.</p> <p>1.2 Calculate athletes' energy and macronutrient requirements based on activity needs and size of athlete.</p> <p>1.3 Recognize the role of macronutrient distribution to maximize training, performance, and recovery.</p>	<p>Athlete Case Study</p>
<p>Module 2: <i>Pre, During, and Post-Workout Fueling</i></p>	<p>Pre, during, and post-workout nutrition strategies are essential to optimize training, performance, and recovery. This module identifies pre and during workout fueling and hydration needs, as well as strategies based on time of training, type, frequency, duration, and mode of exercise. It also pinpoints the 3 Rs to Recovery to calculate post-workout fueling needs to support glycogen replenishment, muscle resynthesis, and rapid re-hydration.</p>	<p>2.1 Identify pre-workout fueling and hydration needs based on time, type, frequency, duration, and mode of exercise.</p> <p>2.2 Understand the role of carbohydrate and fluid intake during exercise and how to calculate needs.</p> <p>2.3 Identify the 3 Rs to Recovery and calculate needs to support glycogen replenishment, muscle resynthesis, and rapid re-hydration.</p>	<p>Athlete Case Study</p>

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<p>Module 3: <i>Hydration for Optimal Performance</i></p>	<p>Hydration needs of athletes vary greatly depending on the type of athlete, the duration and intensity of the training, and the environment of the sport. This module identifies the hydration calculations for pre, during, and post-exercise, and provides sweat rate calculations to dial in on an athlete's specific fluid needs. It also educates the RD to distinguish between various hydration beverages and determine which beverage is most appropriate in various hydration settings.</p>	<p>3.1 Identify and calculate hydration needs pre, during, and post-exercise.</p> <p>3.2 Calculate sweat rate to identify and dial in on an athlete's specific hydration needs during exercise.</p> <p>3.3 Identify various hydration beverages and distinguish which beverage is most appropriate in various hydration settings.</p>	<p>Athlete Case Study</p>
<p>Module 4: <i>Energy Management and Body Weight Science for Athletes</i></p>	<p>Gaining weight, maintaining weight, and losing body fat can all be difficult for athletes. This module defines body weight science and teaches how to calculate an athlete's energy needs based on performance, health, and body composition goals. It also outlines the 4 Step Process to energy management goal setting and identifies practical strategies for weight gain, weight loss, and helping athletes with a loss of appetite.</p>	<p>4.1 Define body weight science and calculate an athlete's energy needs based on performance, health, and body composition goals.</p> <p>4.2 Understand the 4 Step Process to energy management goal setting.</p> <p>4.3 Identify strategies for weight gain, weight loss, and loss of appetite.</p>	<p>Athlete Case Study</p>

Module # and Title	Module Description	Module Learning Objectives (MLOs)	Case Studies and Competency Activities
<p>Module 5: <i>Interprofessional Collaboration in Sports Medicine</i></p>	<p>This module discusses how a multidisciplinary sports medicine team can have a profound impact on athlete health, well-being, athletic experience, performance, injury prevention, and recovery. It focuses on the tools necessary to work as a team to enhance athlete care, improve communication, and offer opportunities for learning, goal setting, and professional growth among team members.</p> <p>Module co-taught by:</p> <ul style="list-style-type: none"> ● Missy Mitchell-McBeth MSEd, CSCS, SCCC, USAW ● Valerie Tinklepaugh-Hairston MS, MPA, LAT, ATC 	<p>5.1 Identify the role each person on the sports medicine team plays and the main areas he/she is responsible for to the team.</p> <p>5.2 Recognize potential missing links in multidisciplinary sports medicine teams that may lead to miscommunication and sub-optimal athlete care.</p> <p>5.3 Understand strategic communication techniques to enhance interprofessional collaboration.</p>	<p>Athlete Case Study</p>