



NCI-INSTITUTE FOR FOOD, NUTRITION & HEALTH SCIENCES

ADVANCED CERTIFICATE COURSE ON SPORTS & FITNESS NUTRITION (ACCSFN)



INTRODUCTION

ACCSFN is a specialized course designed to meet the growing demand for qualified professionals in the fields of sports, fitness, and wellness. This course offers a practical, science-based approach to understanding how nutrition influences athletic performance and recovery. Participants will learn to create personalized meal plans, optimize nutrient timing, and recommend safe supplementation based on individual goals and sport-specific needs. With real-world case studies and expert guidance, the programme equips learners with the skills to apply sports nutrition principles in professional practice or personal training routines.

The ACCSFN programme is designed for nutritionists, dietitians, fitness trainers, sports coaches, healthcare professionals, and graduates in nutrition, sports science, or related fields who want to specialize in sports and fitness nutrition. It also welcomes fitness enthusiasts and athletes with relevant experience who are eager to gain formal knowledge and certification in optimizing performance through nutrition.



"Strong bodies start with smart fuel"

COURSE OBJECTIVE

- Understand the fundamentals of sports nutrition.
- Learn about the nutritional needs of athletes and active individuals.
- Develop skills to create tailored nutrition plans.
- Gain knowledge about supplementation and ergogenic aids.
- Understand the relationship between nutrition, performance, and recovery.



OUR APPROACH

This program offers a practitioner-focused curriculum with tools for real-world application in India and globally.

- ✓ Evidence-Based Curriculum
- ✓ Hands-on Learning via Real Examples
- ✓ Flexible Online Access with Mentor Support
- ✓ Peer Collaboration & Discussion Forums



Course Structure

Module 1. Introduction to Sports Nutrition & Nutritional Requirements for Athletes

- *Overview of Sports Nutrition*
- *Basic Nutritional Concepts*
- *Energy Needs*
- *Macronutrient Distribution*
- *Micronutrient Needs*

Module 2. Meal Planning, Supplements and Ergogenic Aids

- Pre-Workout Nutrition
- Intra-Workout Nutrition
- Post-Workout Nutrition
- Overview of Common Supplements
- Evaluating Supplement Needs
- Ergogenic Aids

Module 3. Nutrition Application for Different Sports

- Specific Nutrition criteria
- Athletes with Special Dietary Needs
- Age and Gender Considerations
- Creating individualized meal plans.
- Cooking and Food Preparation

Module 4. Performance and Recovery

- Role of Nutrition in Performance Enhancement
- Psychological aspects of nutrition.
- Recovery Strategies
- Nutritional strategies to enhance recovery.
- Importance of sleep and rest in recovery.

Module 5. Current Trends and Research in Sports Nutrition

- Latest Research and Findings
- Review of recent studies and their implications.
- Trends in Sports Nutrition
- Popular diets and their impact on performance.
- Future directions in sports nutrition.

Assessment and Certification

- Quizzes and assignments after each module.
- Comprehensive test covering all topics.
- Developing and presenting a nutrition plan.
- Certificate awarded upon successful completion of the programme.

Learning Resources

- Reference Materials*
- Recommended readings and textbooks.
- Online Resources
- Guest Lectures
- Sessions by sports nutritionists and fitness experts.



Deliverables of the Course

- **Recognized Professional Credential**

Earn an industry-relevant certification in sports and fitness nutrition, enhancing your profile for roles in clinical practice, fitness coaching, and wellness consulting.

- **Career Opportunities in Government & Private Sectors**

Gain a competitive edge for positions with organizations like the Sports Authority of India (SAI), Khelo India, sports academies, corporate wellness programs, and healthcare institutions.

- **Academic Advancement & API Score Enhancement**

Supports career progression in academia by contributing to the UGC Academic Performance Indicator (API) score.

- **Practical, Evidence-Based Skill Development**

Acquire hands-on skills in athlete-centered meal planning, supplementation strategies, and recovery-focused nutrition through real-world case studies and expert-led instruction.

- **Pathway to Freelancing & Entrepreneurship**

Build your own consultancy, collaborate with fitness professionals, or create digital content/services in the growing field of sports nutrition.

- **Expanded Career Scope Across Sectors**

Suitable for roles in sports nutrition clinics, hospitals, fitness chains, athletic performance centers, and national/international sports programs broadening your employment options.

DEPARTMENT OF MEDICAL FOOD & CLINICAL NUTRITION



Scan to Apply
or
Go to:
<https://www.nci.org.in/apply-now>

Course details:
Course fee: Rs. 3500/-
5 Weeks, 5 Modules

NUTRITION COUNCIL OF INDIA
INSTITUTE OF FOOD, NUTRITION & HEALTH SCIENCES



www.nci.org.in