



'ensuring the sustainable prosperity of the sports nutrition profession'



SPORTS NUTRITION ASSOCIATION

PROGRAM INFO PACK

Welcome

Welcome to the Sports Nutrition Association! Thank you for downloading this free information pack, we're excited for your potential new journey.

In this guide, we're going to cover everything you need to know about the industry and how you can have a successful career as an Accredited Sports Nutritionist.

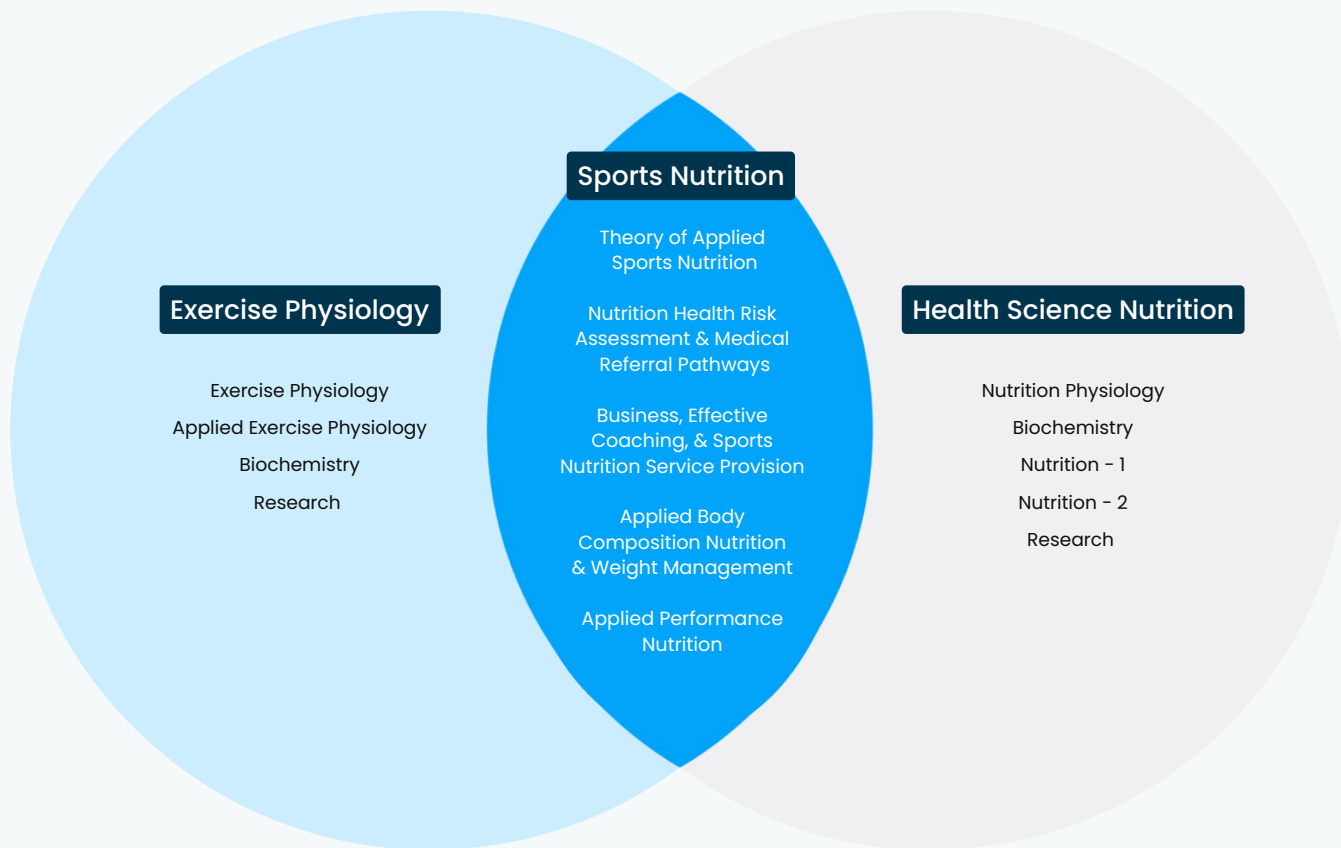
If you have any questions, please feel free to reach out any time and our friendly team is happy to help.

What We Will Cover

- 1 Who We Are
- 2 What We Do
- 3 Why This Is Important
- 4 Potential Risks & Solutions
- 5 About The Certificate
- 6 Certificate & Registration Costs
- 7 Course Program Recognition
- 8 FAQ's & Enrolment Info



Sports Nutrition is the merger of Applied Exercise Physiology and Applied Nutrition Sciences, along with its ongoing development.



About The Sports Nutrition Association

Currently operating in Australia, New Zealand, USA, Asia and Europe, we are the only professional body responsible for establishing and standardising best practices in Sports Nutrition. Our advisory board of leading researchers and practitioners with insurers and global underwriting firms to review and update our content every year based on the latest research and insurance feedback.



Dr. Joe Klemczewski



Danny Lennon
MSc



Alex Thomas
President/Founder



Dr. Eric Trexler



Matt White
BSc



Dr. Shawn Arent



Dr. Gabrielle Fundaro



Laurin Conlin
MSc



Dr. Cliff Harvey



Dr. Eric Helms

Our mission is to ensure the sustainable prosperity of the sports nutrition profession.

Establish Standards

Prior to our formation, no 'minimum standard' for a Sports Nutritionist existed. The Association's founders worked with underwriters to establish a framework that ensures a minimum standard is met for Sports Nutrition education, practice and insurance.

Educate Effectively

Access to legitimate undergraduate Sports Nutrition education is uncommon, and as a result there are a number of professionals who have not completed all the relevant subjects and relevant degree programs required to register without further study.

These professionals and those who have not studied the subject matter before can enrol in the Certificate in Applied Sports Nutrition. The Certificate has been engineered to meet the minimum requirements for competence in Sports Nutrition practice with 12 core subjects/units of competence being assessed.

Regulate Diligently

Once education standards have been met we focus on the regulation of the professional members via annual audits, ongoing education with 6 month refresher programs and annual CPD.

The Association has undertaken trademarks and Certification Marks for the term *Accredited Sports Nutritionist*, allowing the public and industry alike to measure to trust that high quality standards have been set out for all its members.





Why This Is Important

Legitimate registration with a relevant scope of practice that enables professionals to practice while being covered by insurance ensures that both the registered professionals and their clients are covered in the event of a worst-case scenario.

While the standards the body sets out ensure these scenarios are reducing significantly.

If you are a fitness professional, exercise or sports scientist, exercise physiologist, clinical nutritionist, clinical dietitian or a non-accredited sports nutritionist, you actually don't have the registration or access to insurance that covers your practice.

As you'll see below, as a personal trainer or exercise physiologist, many short course providers will only cover you for 'advice' which is not prescriptive and sets you up for legal risks.

For clinical nutritionists and dietitians who are not dually registered as a sports dietitian, your registration and cover is only for medical nutrition interventions.

Sports performance, body composition manipulation are typically not included and for good reason – exercise physiology, exercise biochemistry, adaptive thermogenesis and energy availability is not required to complete these programs.

On the next page, you'll see some scope examples from other programs which do not include the education and insurance you need.

Below are statements from providers and industry bodies around scope of practice

Fitness Australia

www.fitnessaustralia.com.au

6.5 The Registered Exercise Professional Scope of Practice does not include:

- A. Provision of nutritional advice outside of basic healthy eating information and nationally endorsed nutritional standards and guidelines
- B. Therapeutic treatment or independent rehabilitative exercise prescription
- C. Independent exercise prescription for high risk clients
- D. Diagnostic tests or procedures
- E. Sports coaching
- F. Psychological Counselling



Precision Nutrition

www.precisionnutrition.com

What personal trainers, health coaches, and other non-RD fit pros CAN do when it comes to nutrition.

Each state or province has different rules and regulations regarding what you can call yourself, what kind of advice you can give, etc.

However, generally, as a personal trainer, health coach, or strength coach, if you're knowledgeable about nutrition then you can talk to otherwise healthy clients about eating, moving, and living better — so, yes, you can talk about what food to eat.

And they're allowed to make general suggestions about the kind of food that's likely to support their clients' goals.

But there are limits to what personal trainers, health coaches, and other non-Registered Dietician (RD) professionals can say about nutrition.

- educate them about the principles of good nutrition and provide them with behavior-based coaching to improve their eating habits.

ISSN

www.issn.org/

the CISSN is solely responsible for making sure that his or her practice of sports nutrition is within any state or Federal guidelines.

AA sportsnutritionssociety.org

What credentials will I need to give nutritional advice?

Short answer:

It depends. I know... it's frustrating!

Long answer:

Given that it's perfectly legal to offer nutritional advice, the only issues you might have are when it comes to offering your clients meal plans.

In the UK for example, it is outside the personal trainers scope of practice to offer a meal plan because it's classified as prescriptive.

Prescriptive is a big no no, remember.

ACSM

www.acsm.org

ACE Fitness

www.acefitness.org

you discover outside resources developed by a doctor or dietitian, you can distribute that information to clients as well.

What Not to Do

Third, know what is outside the fitness professional's scope of practice. According to ACE's statement, fitness professionals should not engage in the following actions:

- Offer individualized meal planning recommendations
- Conduct a nutritional assessment to evaluate individual nutrient needs and status
- Make specific recommendations for intake or specialty diets
- Offer nutrition counseling
- Recommend nutritional supplements
- Promote oneself as a dietitian or nutritionist (unless specifically licensed)

Performing any of the above, regardless of what the state law says, would be considered unethical and outside the scope of a fitness professional's knowledge, skills and abilities.

Nutrition and the Exercise Professional's Scope of Practice

Author: J. Kivimäki, Ph.D., RD, CSCS LD, FACSM, FASEM, ACSM-EP | Sep 09, 2019



Take Home Points:

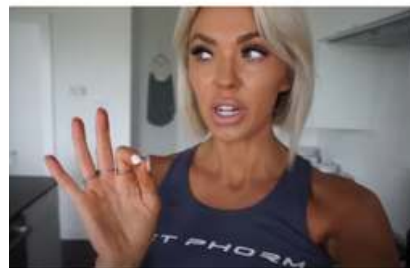
1. Exercise professionals should know where to "draw-the-line" when assisting clients with nutrition and diet-related questions and goals.
2. People who engage in the practice of nutrition and dietetics when they are not licensed potentially will face legal consequences.
3. Exercise professionals should provide only general, non-medical nutrition education to clients.

The Risks Of Practicing Without Proper Registration & Insurance

Recent Notable Claims

Brittany Dawn Davis (a fitness influencer) has recently been sued by the state of Texas for the sum of 1.4 million USD for providing cookie cutter meal plans to members of the public in an unqualified and unregistered manner.

Norman Low was recently restrained and ruled against by the state of South Australia and their health commissioner after being found guilty of fraudulently claiming to be a Registered Dietitian and Sports Nutritionist. If he re-offends he will now be fined up to \$10-20k per infraction & may be required to serve up to 1-2years jail time per infraction.



Lifestyle Influencer Brittany Dawn Davis Sued by Texas State for Bogus Meal Plans

Brittany Dawn Davis, a fitness and Christianity influencer from Fort Worth, is being sued by the state of Texas for promising her...

February 16th, 2022



Adelaide Personal Trainer Norman Low Banned from Acting as Dietician Over 'Unsafe' Diets

Key points: Adelaide personal trainer Norm Low claimed to be a dietician. Two diet plans he created were assessed as possibly dangerous...

December 14th, 2021

The Solution

Being registered with a professional body, being properly insured and acting in the best interest of the industry and general public.

While the term Nutritionist is not a legally protected mark currently, meaning anyone (ranging from people with a degree, to people who have done a 2-3 week course, all the way to someone who has done no study and just woke up and decided to start working as one) can call themselves a nutritionist without any legal recourse.

This does not mean that they are protected from claims against them from clients, or private and government investigations of malpractice and unregistered solicitation of services that endanger public health and safety.

This is what both professional registration & insurance are for. Registration with legitimate professional bodies (such as SNA, the DAA, BDA, ACSM etc.) provides their members with access to insurance that directly covers them for the activities outlined in their scope of practice, practising standards & code of conduct. The standards/code/scope exist to protect the public, and the insurance protects the registered professionals.

What Being Registered & Insured Looks Like

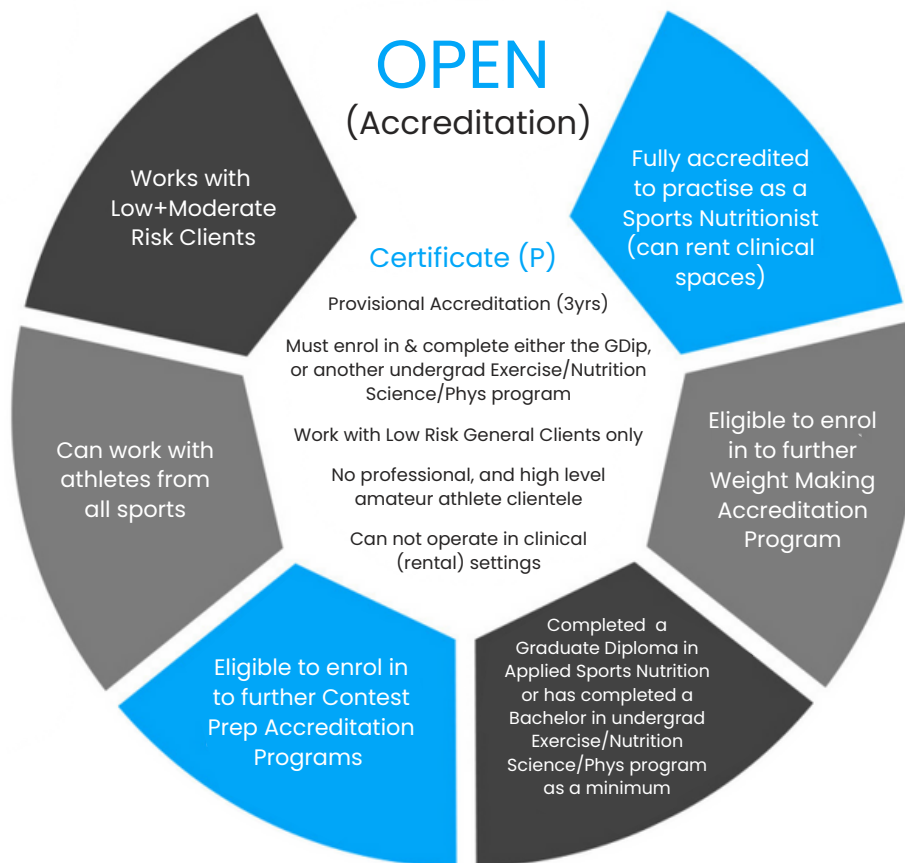
Casual Member	Part Time Member	Full Time Member
Range: \$1k to \$25k Mean: \$10,000 Median: \$5,500 (Under 5 Hours/wk)	Range: \$25k to \$125k Mean: \$44,000 Median: \$25,000 (7 to 12 Hours/wk)	Range: \$50k to \$600k Mean: \$155,000 Median: \$158,000 (Over 20 Hours/wk)

One of the best things about our program is it can suit all types of involvement. As a full-time member you can earn an impress income, but as a casual or part-time member you can create a rewarding side career with a great work/life balance. By simply working another 5 to 8 hours a week, you can earn an additional \$25,000 - \$40,000 per year. *Note – This data is published from surveys that reviewed 40% of our member database (not selective - based purely on participation).*

How our program compares to traditional models.

With our program you avoid spending \$35,000 to \$50,000 and 3 to 5 years studying a career that you are not sure is for you, or that you are confident has strong job prospects. We allow you to get into the industry, build a client base, and determine what you do/don't enjoy before committing to further study.

	Fitpro	Degree	SNA Certificate
Can practice nutrition	No	Yes	Yes
Can provide sports performance nutrition to athletes and weight management, plus body composition.	No	No <i>(unless registered accordingly)</i>	Yes
Clinical nutrition scope (disease)	No	Yes/No <i>depending on the degree</i>	No
Time to study	3 years full time	3-4 years full time	17-22 weeks
Cost to complete qualification	\$8 to \$12K	\$50K+	\$4 to \$5K



What The Sports Nutritionist Journey Looks Like

- 1 Complete the certificate from the Sports Nutrition Association.
- 2 Start earning an income and develop a strong client base.
- 3 Operate within the provisionally accredited scope of practice for 3 years.
- 4 Complete further study with one of our affiliate partners (listed below).
- 5 Let us know when you finish so we can accredit you and expand your scope.

Note – if a private provider suggests that you don't need a degree or GDip, they are misleading you for the sake of selling, as opposed to setting you up to have a successful long-term career.

If you're an existing Exercise & Nutrition Science Graduate and you want to register with the Association, all you need to do is send through your academic transcript, proof of degree, and you will receive credit that is assessed based on how many of the 12-core subjects you have completed. We cross-reference our subjects with what is listed on your transcript, then once completed you will automatically become an Openly Accredited Member

What Some Of Our Members Say



thebodybuildingdietitians

377 posts 11.6K followers



As a dietician, I've completed both an undergrad and a masters in Dietetics. Being accredited with the Sports Nutrition Association has provided me with a pathway to pursue my business and career to its fullest potential because we know that I am insured and covered by a legitimate governing body.



tysonthetrainerr

2,114 posts 20.6K followers



"With SNA I feel confident knowing they're insured and looking after us as coaches. A lot of certifications out there want to give you something quick that may not actually cover you for what you need. With SNA I always feel like they care and they're always checking in and looking to continue my education"



courtney_healthandfitness

5,003 posts 61.9K followers



"I only recommend SNA (other than uni Degrees) because other courses simply won't cover you to practice"



condition.nutrition

1,867 posts 12.7K followers



"I completed both my undergrad and Masters in Performance Nutrition, and SNA is the only body that allowed me to register and work with my team of amateur and professional athletes without having to complete further study and become a dietitian."

About The Certificate

Our Certificate is the only non university undergraduate program that provides the minimum standard for subjects that relate to effective competence as a Sports Nutritionist.

If you are looking at practising in this profession, then you should only be considering university programs or the Certificate (as well as any extensions of one of its affiliate institutes).



12 pillar subjects



45 scored exams



80 lectures + 20 additional learning videos



2 text books (required for non university students)



7 practical real world case study assignments



1 practical video submission assignment

1 – Nutrition 1

Nutrition 1 provides the student with some basic nutrition information around Macro and Micronutrients, food tracking methods and the feasibility of food planning options. This module also includes how to assess, coach and develop nutritional literacy with clients. We also provide information around how to read nutrition labels and the basics of hydration.

2 – Nutrition 1

Nutrition 2 outlines the nutritional programming models used and principles and models for weight management and body composition changes. Learn how to make a meal plan, utilise diet breaks and re feeds with an evidence based approach. Considerations are made around intentional eating, carbohydrate utilisation, diet flexibility and mental health considerations of diet culture.

3 – Nutrition Physiology

Nutrition Physiology explores the areas of digestive physiology and metabolism of nutrients, as well as nutrition and gut health. This module will also look at female specific nutrition periodisation, health biomarkers and Nutrition to help with immunity.

4 – Exercise Physiology

Exercise Physiology covers thermodynamics and components of TDEE, the basics of bioenergetics including fuel sources and energy systems, methods of body composition assessment and when they appropriate to implement and applying these bioenergetic principles to exercise in different contexts of fed vs fasted states.

5 – Applied Exercise Physiology

Applied Exercise Physiology provides a practical component to assess the BioEnergetics principles and repetitions in reserve method of RPE. In this module, the student will also learn about how the endocrine system (our hormones) functions & how it interacts within our nutritional and exercise environment, and how to account for the impact of exercise on daily energy expenditure.

6 – Biochemistry

The Biochemistry unit covers the concepts of biochemistry, from: the structure of a cell, the function of cellular metabolism and how is dynamically interacts with exercise and nutrition metabolism.

7 – Nutrition Health Risk Assessment & Medical Referral/Triage Pathways

This unit covers Nutritional Health Risk Assessment & Screening, the importance of using, understanding of the scope of practice as a sports nutritionist, and how to refer to allied health specialists. It also delves into why clients with PCOS or Endometriosis are out of scope and require further clinical training, and explore considerations around claims of poor gut health vs actual contraindicated diagnosed gut health pathologies.

9 – Research

The research unit covers the hierarchy of evidence, how to apply critical thinking to evidence, an understanding of the limitations of nutrition science and the implications this may have when communicated on social media. This module will cover how to interpret and apply scientific research into practice as a Sports Nutritionist

11 – Applied Performance Nutrition

The Applied Performance Nutrition Unit covers principles and models for performance nutrition methods, considerations which may be made for strength and physique clients, considerations for weight making and post season nutrition strategies, considerations & models for team sport athletes, and considerations for strength, endurance and CrossFit athletes. This unit covers the application of these concepts, ensuring a sound foundational competence in applying the theory

8 – Theory of Applied Sports Nutrition

In this unit, we look at both performance and general health supplements and other ergogenic aids, and explore well ranking position statements around these from well ranking journals. This module will also look at Energy Availability and the symptoms associated with RED-S.

10 – Applied Body Composition Nutrition

Applied Body Composition covers sustainable coaching application, an understanding of obesity and why weight loss may stall for some clients. This unit focuses on ensuring that the student can effectively apply an evidence informed manner with nutritional program for; weight management, weight loss, weight gain, and long term body recomposition case study scenarios.

12 – Business & Effective Coaching

This unit covers the Sports Nutrition Service provision model. Where to start, depending on career goals, and what phase of service provision experience they are in. Learn about financial and taxation literacy, fundamental Sports Nutrition business and service provision operations. We also cover transitioning from face to face with the sports nutrition model, provide real world lessons around social media and how to use motivational interviewing to ensure every Sports Nutritionist is able to deliver sound services, and effectively coach clients to successful outcomes.

Featuring Lectures By

Dr Gary Mendoza
Phd, BSc, (Hons), RNutr

Dr Joe Klemczweski
PhD

Dr Shawn Arent
PhD, CSCS'D, FISSN, FACSM, FNAK

Laurin Conlin
B.S, MSc

Dr Zoya Huschtscha
APD, AdvSD

Dr Eric Trexler
PhD

Dr Cliff Harvey
PhD, DipFit, DipNat

Danny Lennon
MSc

Dr Eric Helms
PhD, CSCS

Dr Gabrielle
Fundaro PhD, CISSN, CHC

Dr Cameron McDonald
Phd, RD

Jono Steedman
B.Sc. ExSci, MSc, RD

Matthew White
BSc & Lead Assessor

Alex Thomas
Founder & President
PGd. Perform. Nutrition

Tyarra Nelson
B.Sc. ExSci, MSc, RD

Dr Reid Reale
Phd, APD/RD

Chris Teasdale
B.Sc. ExSci

Choose from Flexible Payment Options

When looking at enrolling into the Certificate in Applied Sports Nutrition there are a number of different payment options available. These are outlined below.

Plan A

Upfront \$2,995.00
(one-time fee)

Plan B

\$374 USD X 6
(weekly)

Plan C

\$531 USD X 7
(monthly 1)

Plan D

\$236 USD X 18, first
payment = \$499 USD
(monthly 2)

Plan	Upfront	Weekly	Monthly 1	Monthly 2
Amount USD	\$2995	\$3366	\$3717	\$4511
Payment Amount USD	\$2995	\$374	\$531	\$236
Number of payments	1	6	7	18
Discount	22%	10%	0	21% (interest)

Annual registration is \$399USD upfront or 12 x monthly payments of \$39.99USD. This gives you access to benefits like:

- ✓ Eligible for the Sports Nutrition insurance product from Gallagher (in relevant regions)
- ✓ Public listing on the Sports Nutritionist registry + features in our ongoing promotion.
- ✓ Access to NCGM membership free of charge
- ✓ Access to updated course information twice per year, one of these to complete provided CPD
- ✓ Discounts to Eric Helms Muscle and Strength Pyramids (42% off)
- ✓ Resources for TDEE calculation, EA calculation and Health Risk Assessment (Free)
- ✓ Discounts to Association events, seminars, functions & conferences
- ✓ Access to the MHS Platform to use an automated and professional system with your clients for health risk assessment and/or check-ins and body composition tracking

Program Recognition & Registration Eligibility

	Not covered
	Moderate/ Less than adequately covered
	Not covered

Pathway	Educational Focus	Sports Nutrition Education (Performance, weight loss/gain, bodycomposition)	Nutritional Health Focus	Nationally Recognised to Register & Practise Sports Nutrition	Internationally Recognised to Register & Practise	Insurance to actually provide nutrition programming	Further Study & graduate pathway availability
Hobby Courses & illegitimate pathways	Precision Nutrition	Healthy eating behaviours					
	Clean Health	Contemporary perception of nutrition					
	Vast Fitness Academy	Public nutritional health improvements with some nutritional personalisation, provides a 'sports' option but does not contain sufficient subjects to satisfactorily cover sports nutrition					
	Issn Exam (Nutrition Pro)	How to pass the issn-sns examan unrecognised and uninsurable qualification					
	Rto 'Short Courses'	Cover whatever they deem appropriate					
Not a hobby course but not recognised by any professional bodies	MNU	A solid all round nutrition program doesn't specialise in any form or area of nutrition				not through any professional body	
Legitimate Private Institute Pathways	Certificate In Applied Sports Nutrition	Sports nutrition minimum standard of acceptable education					
	Pgdip. In Performance Nutrition (loc/lopn)	Sports nutrition					
	Hpi Pgdip	Clinical nutrition					
Legitimate University Pathways	Bachelors In Nutrition	Clinical nutrition			-	-	
	Bachelors In Exercise /Sports Science	Exercise physiology (with maybe some nutrition)					
	Bachelors And Msc In Dietetics	Clinical nutrition			-	-	
	Post Graduate Program In Sports Dietetics	Clinical nutrition + sports nutrition					

What Is A "Hobby Course"?

A Hobby Course is a private institutional program that offers great educational content, however not all course providers are fully transparent about the future registration and insurable outcomes of their programs. Some of these providers will even say things like 'become a nutritionist' and 'become legally recognised' to prescribe diets.

While this statement is true, it isn't really useful or transparent for aspiring professionals. In the majority of the regions we operate in (some countries have laws that state only dieticians can provide nutrition services) while there are no laws and restrictions in place for nutrition professionals, claims and government complains/investigations still arise. So it is imperative in these regions to hold both Legitimate Registration + Insurance. And that the insurance states the activities you are covered for and does not contain terms like advice, advisor, guides, recommendations or counsel.

JANA STERLING HAMMOND



janasterlinghammond

Follow Back

240 posts 137 followers 365 following



The course exceeded my expectations, I learnt so much info about nutrition and it really opened my eyes to what quality nutrition practices that are research informed are really about

JORDAN MADASCHI



j_dash

Follow



289 posts 11.2K followers 688 following



The registration pathway enabled me to legitimately make the transition to online coaching, and the course provided me with everything i needed to know to effectively coach my clients from a results, but also behaviour perspective, as well as exposing me to systems to make my practice more efficient.

ANNA WISHNOWSKY



annawishfitness

Message

Follow Back

178 posts 971 followers 812 following



Undergrad in human physiology

Obviously my degree didn't give me all the info I needed to go and coach people in nutrition. So for me the cert was about being able to build out my current base of knowledge and make it applicable to those I was already coaching.

MARTIN REHALO



mrfitness_

Message




646 posts 2,361 followers 598 following



Bachelor and Masters in Exercise Science

I've always wanted to be able to provide my clients with direct and structured nutritional advice, and being an accredited Sports Nutritionist with SNA has allowed me to do exactly that whilst being insured. I was able to get credit based on some of the units I had covered in my previous studies



Frequently Asked Questions

How long does the course run for?

The certificate program runs for 17-22 weeks, depending on assessment completion and submission.

If I have done some previous study can I get credit for it?

Yes certain university subjects and other private courses are eligible for certain credit (not full) as very few universities are currently running full Applied Sports Nutrition programs at an undergrad level.

Is the course delivered online?

Yes, the course is fully online with over 10 hours of lecture content for you to view, and other practise exams & case study assignments to work on. If you are in a city where a practical is not being run during your intake, then instead of attending you are allowed to submit video evidence for assessment

Is any prior study required for this program?

No, but if you have not attended a sports science university program, then additional texts and units are required so that you understand the basic applied sciences.

What can I do with this cert?

Upon completion, you will be eligible to register as an Accredited Sports Nutritionist (see registration section of FAQ for further information) as a registered Accredited Sports Nutritionist you are now eligible to insure for Sports Nutrition Programming.

**Ready to get
started? Enrol today
to secure a spot in
our next intake!**

Enrol in the program

**Already certified? [Click here](#)
to become a Professional
Member today!**



Other Layouts

Ensuring the sustainable prosperity of
the Sports Nutrition Profession.

INFO PACK



**SPORTS NUTRITION
ASSOCIATION**

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If you are looking at practising in this profession then you should only be considering university programs, or the Certificate through the association or extension of one of it's affiliate institutes.

The Certificate Comprises:

- 12 subjects
- 80+ lectures with an additional 20+ learning aid videos
- 2 text books (required for non university students/grads)
- 45+ exams
- 7 practical real world case study assignments
- And 1 practical video submission assignment

The following is a breakdown of the program's subjects and a brief description of each subject/unit

1. Nutrition 1:

Nutrition 1 provides the student with some basic nutrition information around Macro and Micronutrients, food tracking methods and the feasibility of food planning options. This module also includes how to assess, coach and develop nutritional literacy with clients. We also provide information around how to read nutrition labels and the basics of hydration.

2. Nutrition 2:

Nutrition 2 outlines the nutritional programming models used and principles and models for weight management and body composition changes. This module will cover how to make a meal plan and utilise diet breaks and refeeds with an evidence based approach. Considerations are also made around the areas of intentional eating, carbohydrate utilisation, diet flexibility and the mental health considerations of the diet culture.

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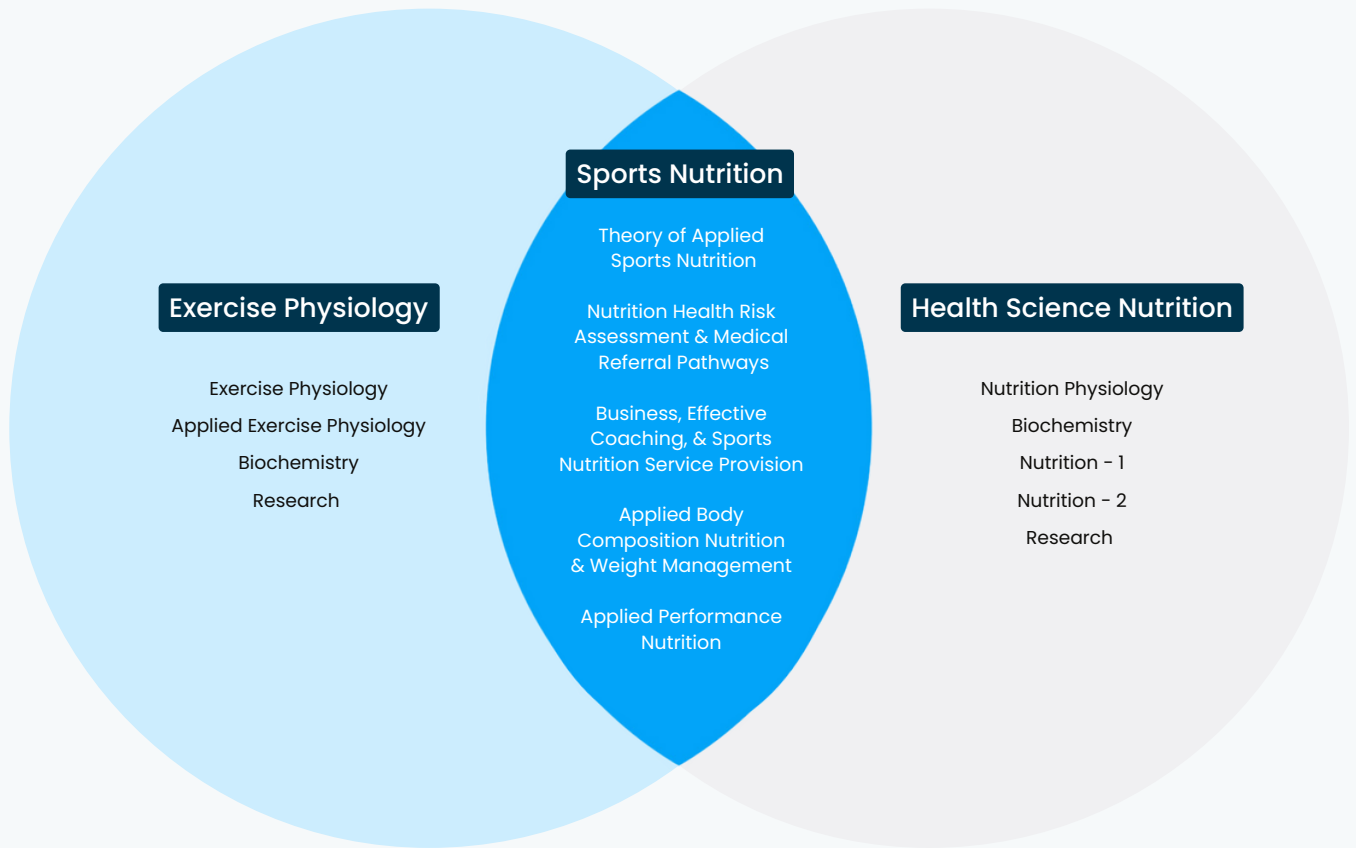
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Sports Nutrition is the merger of two worlds: Applied Exercise Physiology and Applied Nutrition Sciences, along with its ongoing development.



About The Sports Nutrition Association

Currently operating in Australia, New Zealand, USA, Asia and Europe, we are the only professional body responsible for establishing and standardising best practices in Sports Nutrition. Our advisory board of leading researchers and practitioners with insurers and global underwriting firms to review and update our content every year based on the latest research and insurance feedback.



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