



# SPORTS NUTRITION ASSOCIATION

STUDENTS INFO PACK



SPORTS NUTRITION  
ASSOCIATION





## WHO WE ARE

# The Sports Nutrition Association

We are the only professional body dedicated to establishing and standardising best practices in sports nutrition, backed by the top minds and regulators in the industry.

Our advisory board is made of up leading researchers, practitioners, insurers and global underwriting firms who update our content every single year, ensuring it reflects the latest research and insurance feedback.

Our mission is to empower the world to make informed nutrition choices for optimal health and performance. We achieve this by setting rigorous standards for sports nutrition professionals, promoting education, and protecting the public from misinformation.

## WHAT WE DO

We empower you to become a qualified nutrition professional by providing the world's best foundational nutrition program, taught by the world's leading experts, that leads to registration and insurance

- ✓ Learn important skills in nutrition that enable you to get better results with your clients
- ✓ Earn more from providing an additional service
- ✓ Be legally protected while doing so
- ✓ Get access to higher education (university) pathways upon graduation
- ✓ Attain a formal qualification & registration that enables you higher standings of professional recognition – Accredited Sports Nutritionist

## HOW WE DO IT

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

We achieve this by setting rigorous standards for sports nutrition professionals, promoting education, and protecting the public from misinformation.



### Education

Best and the only compliant (level 8 equivalent\*) foundational nutrition program in the world



### Academic & Advisory Boards

The program is designed & delivered by the world's leading experts in the field



### Access to legitimate registration & insurance

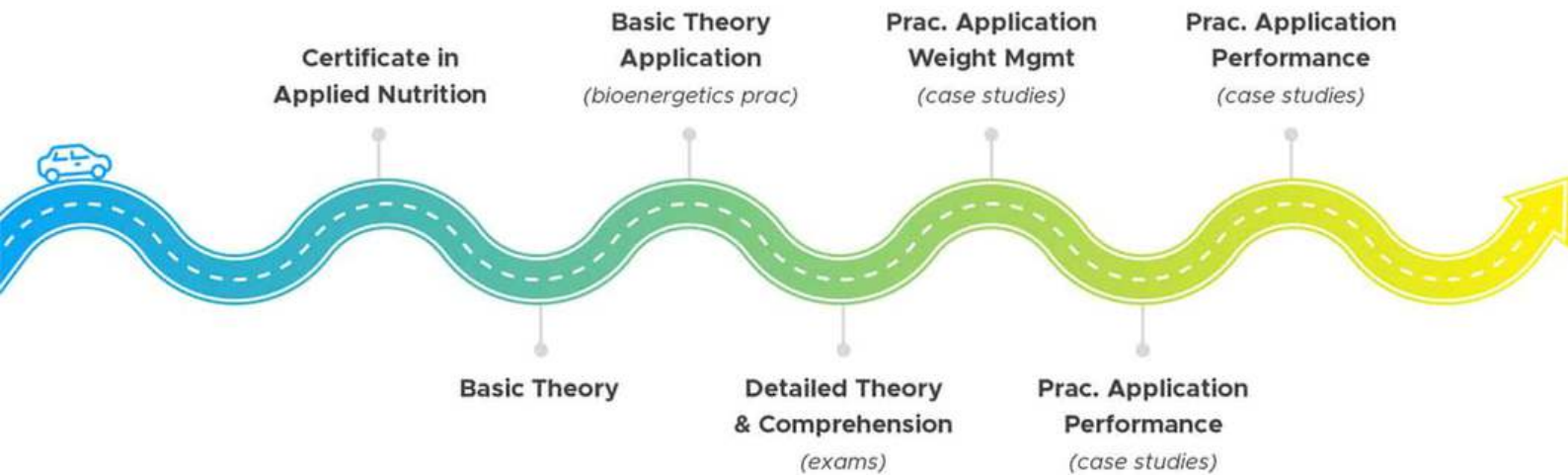
Graduates of the program receive access to legitimate registration with a fully endorsed scope of practice & insurance products that cover these activities to ensure that you are legally protected





## HOW IT WORKS

# Roadmap To A Certificate In Applied Sports Nutrition



## What The Sports Nutritionist Journey Looks Like

- 1 Complete the certificate from the Sports Nutrition Association.
- 2 Graduate with your feet wet working with clients with a scope of practice that has you legally protected to provide nutrition services
- 3 Earning an income, develop a strong client base doing something you enjoy
- 4 Practice for a number of years and then work out how you want to specialise and further develop your services & skills

## What Being Registered & Insured Looks Like

### Casual Member

Range: \$10k to \$45k  
Median: \$12,500  
(Under 5 Hours/wk)

### Part Time Member

Range: \$25k to \$130k  
Median: \$65,000  
(7 to 15 Hours/wk)







### Full Time Member

Range: \$70k to \$250k  
Median: \$149,000  
(Over 16 Hours/wk)

## HOW IT WORKS














### 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 SNA's approved institutes).

- |   |   |
|---|---|
|  13 pillar subjects                          |  2 text books (required for non university students) |
|  45 scored exams                             |  9 practical real world case study assignments       |
|  80 lectures + 20 additional learning videos |  1 practical video submission assignment             |

### Course Curriculum

Click each subject if you'd like to read more online.

- |   |  |
|---|--|
|  <a href="#">Nutrition 1</a>   |  <a href="#">Theory of Applied Sports Nutrition</a>                         |
|  <a href="#">Nutrition 2</a>   |  <a href="#">Research</a>   |
|  <a href="#">Nutrition Physiology</a>  |  <a href="#">Applied Body Composition Nutrition</a>                         |
|  <a href="#">Exercise Physiology</a>   |  <a href="#">Applied Performance Nutrition</a>                              |
|  <a href="#">Applied Exercise Physiology</a>   |  <a href="#">Business &amp; Effective Coaching</a>                          |
|  <a href="#">Biochemistry</a>  |  <a href="#">The Effective Coaching, Communication &amp; Client Service</a> |
|  <a href="#">Nutrition Health Risk Assessment &amp; Medical Referral/Triage Pathways</a> |  |



## WHY OUR PROGRAM IS THE BEST

We provide the gold standard in Sports Nutrition.

✓ **All the content is relevant to what you do in the field**

ensuring that what you learn connects to what you will be doing with clients in the field is paramount – connecting text books to the real world.

✓ **There is a large focus on body composition & weight management, not just performance**

Sports Nutrition is not just nutrition for high level athletes, the primary emphasis in the program is on body composition & weight management (which are a major part of sports nutrition), as many nutrition programs and curriculums do not emphasise these enough, and are what the large majority of your clientele and prospective clientele want help with.

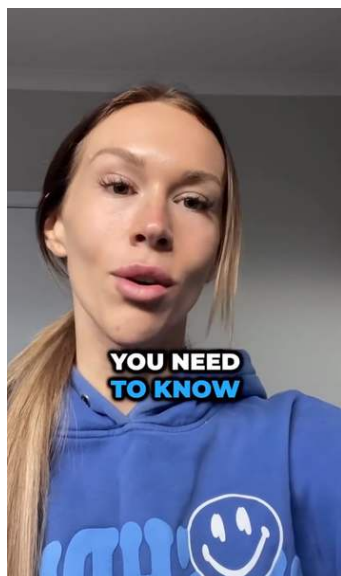
✓ **Your success as a practitioner matters to us**

We're the professional body you register with when you graduate, so we want to set you up for long term success!



## TESTIMONIALS & REVIEWS

### What Our Graduates & Members Say



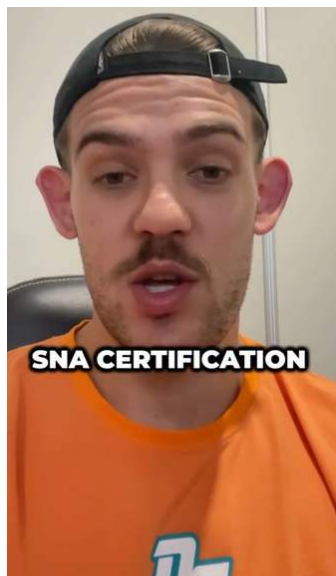
Watch Video

THE BODYBUILDING DIETITIANS



Watch Video

TYSON BROWN




Watch Video

MARTIN REFALO



Watch Video

ANNA WISHNOWSKY




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 know that I am insured and covered by a legitimate governing body.




tysonthetrainer

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”




mrfitness

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




annawishfitness

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.




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.”




i\_dash

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.



janasterlinghammond

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



## HOW MUCH IT COSTS

### Choose from Flexible Payment Options

#### Plan 1

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

#### Plan 2

\$849 X 7  
(monthly 1)

#### Plan 3

\$369 X 18, first payment =  
\$599  
(monthly 2)

Plan	Upfront	Monthly 1	Monthly 2
Amount in AUD	\$5200	\$5943	\$6872
Payment Amount in AUD	\$5200	\$849	\$369
Number of payments	1	7	18
Discount	22% discount	0	21% more

## NEXT STEPS

Apply to enrol.


We have a formal Application process for our program, where we assess and look for suitability within each student. There is a formal aptitude test, and with this test we firstly look to see if you can successfully study on your own and online.

With this test, there is also a little bit of subject matter about nutrition and exercise – this determines if we recommend additional textbooks for you.

We also look for the following values: openness, responsiveness, proactive communication, and follow through on your communication. This is so you can have a great student experience, and to help you set healthy habits that will make you a more efficient practitioner.







# Frequently Asked Questions

## How long does the course run for?

The certificate program runs for 19-24 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.

A woman is running on a track, captured with a motion blur effect that emphasizes speed. She is wearing a pink and white athletic top and black leggings. The background consists of blurred blue and white lines, suggesting a track or a fast-moving environment.

**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 member.**



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## ADDITIONAL RESOURCES

### Relevant Industry Information

#### Accreditation Levels

Key Differences in Nutrition Qualifications

Qualification	Level	Focus	Scope of Practice	Client Interaction	Career Path
Cert III Sports Nutrition Coaching Assistant	3	Assisting & supporting senior practitioners	Basic nutrition education, food prep, data collection	Limited, under supervision	Entry-level, pathway to Cert IV or other health fields
Cert IV Sports Nutrition Coach	4	Non-prescriptive nutrition coaching & guidance	General nutrition education, coaching, progress monitoring	Direct interaction, general advice only	Pathway to Graduate Certificate or other sports-related roles
Diploma of Sports Nutrition	5	In-depth nutritional principles & application to sports performance	Non-prescriptive coaching, advanced dietary analysis	Independent, non-personalized advice	Stepping stone to a Bachelor's degree or specialized roles
Advanced Diploma of Nutritional Science	6	Comprehensive understanding of nutritional science & application	Evidence-based nutrition education & guidance, research	General nutrition education & support	Pathway to a Bachelor's degree or roles in public health, food science, or the food industry
Grad Cert in Applied Sports Nutrition	8	Personalized nutrition services for low-risk & supervised moderate-risk clients	Personalized plans, dietary analysis, lifestyle counseling	Direct interaction, supervision for moderate-risk	Pathway to Open Accreditation with further education & experience (min. 2.5 years combined)
Bachelor's in Applied Exercise/Nutrition Science	7	Personalized nutrition services, including high-level athlete	Comprehensive assessments, meal planning, supplement advice	Direct & independent interaction	Open Accreditation, further specialization through Grad Dip, leadership, research, consulting
Grad Dip in Applied Sports Nutrition	8	Advanced personalized services, including high-level athletes & specialized areas	All services of Open Accredited, plus specialization	Direct & independent interaction, specialized fields	Highest level of expertise, leadership roles