



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



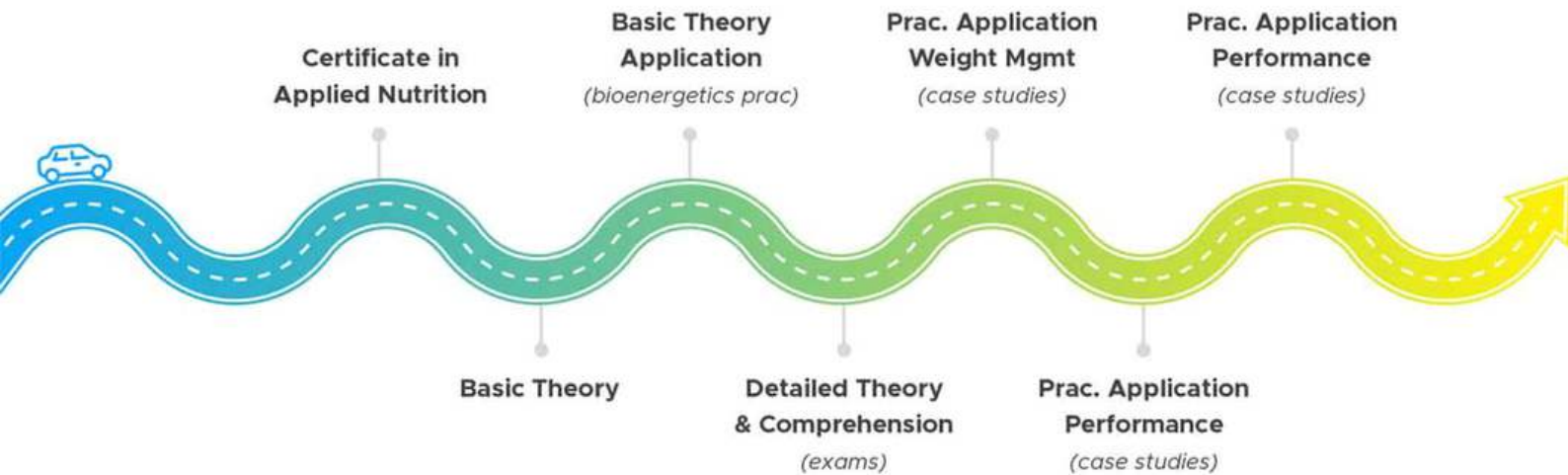
Access to legitimate registration & insurance

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 Graduate Certificate In Sports Nutrition



What The Sports Nutritionist Journey Looks Like

- 1 Complete the Graduate Certificate in Sports Nutrition
- 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 Graduate Certificate in order to comply with most countries education requirements.



4 core units



15 knowledge assessments



87 lectures + 20 additional learning videos



2 text books (required for non university students)



9 practical real world case study assignments



4 practical demonstration assessments

Course Curriculum

click the subject heading to see the full description on the website

1

Business For Nutrition Service Providers

This unit develops the business skills essential for independent sports nutrition practice, recognising that 95% of work occurs outside large organisations.

Core elements:

- Service development, pricing and marketing
- Financial planning and practice management
- Legal, ethical and professional boundaries
- Insurance and registration requirements
- Allied health referral networks

2

Applied Nutrition Biosciences & Research

- This unit integrates biological and research sciences for sports nutrition practice.
- Content: Nutrition metabolism, exercise physiology, biochemistry, research methods, applied performance strategies.
- Understanding why interventions work at cellular level.
- Practice: Supervised client work throughout ensures hands-on experience beyond theory.

3

Applied Sports Nutrition (Working With The Population)

- Advanced skills for client assessment, screening, and individualised sports nutrition programmes within professional scope.
- Content: Body composition, performance nutrition, metabolic assessments, supplement evaluation, programme development.
- Practice: Supervised real client work integrating all learning into comprehensive programmes with professional documentation and ongoing support.

4

The Science of Behaviour Change, Coaching & Communication

Develop communication skills to facilitate lasting behaviour change beyond nutrition knowledge alone.

Content: Motivational interviewing, behaviour change psychology, cultural competency, group workshops, digital coaching, conflict resolution, client relationships.

Practice: Translating complex science into actionable strategies clients can implement and maintain long-term.



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!

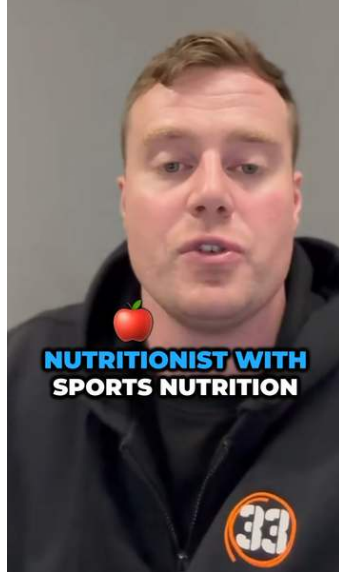


TESTIMONIALS & REVIEWS

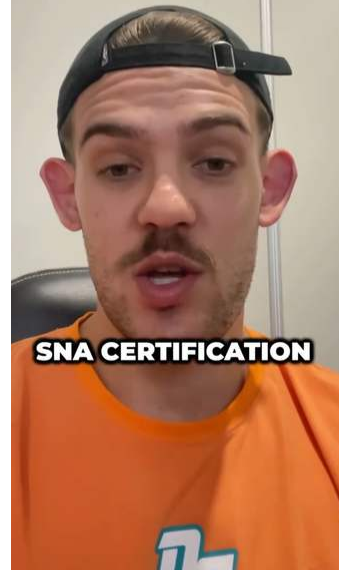
What Our Graduates & Members Say



Watch Video



Watch Video



Watch Video



Watch Video

THE BODYBUILDING DIETITIANS



thethebodybuildingdietitians

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.

TYSON BROWN



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"

MARTIN REFALO



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

ANNA WISHNOWSKY



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 MCCONNELL



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"

PETER MILLER



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."

JORDAN MADASCHI



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.

JANA STERLING HAMMOND



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 \$5,200.00
(one-time fee)

Plan 2

\$599 deposit + 11 x
\$550
(monthly)

Plan 3

\$599 deposit + 150 x \$48
(weekly)

Plan	Upfront	Monthly	Weekly
Amount in AUD	\$5,799	\$6649	\$7799
Payment Amount in AUD	\$5799	\$550	\$48
Number of payments	1	12	150
Discount	13% discount	0	17% more

NEXT STEPS

Apply to enrol.

All applicants must complete a short application process, which includes a \$599 refundable application fee. Please note that payment of the application fee does not guarantee acceptance into the program. In some cases, applicants may also be required to participate in a formal interview. In the event that your application is unsuccessful, your application fee will be fully refunded.

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 24-26 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?

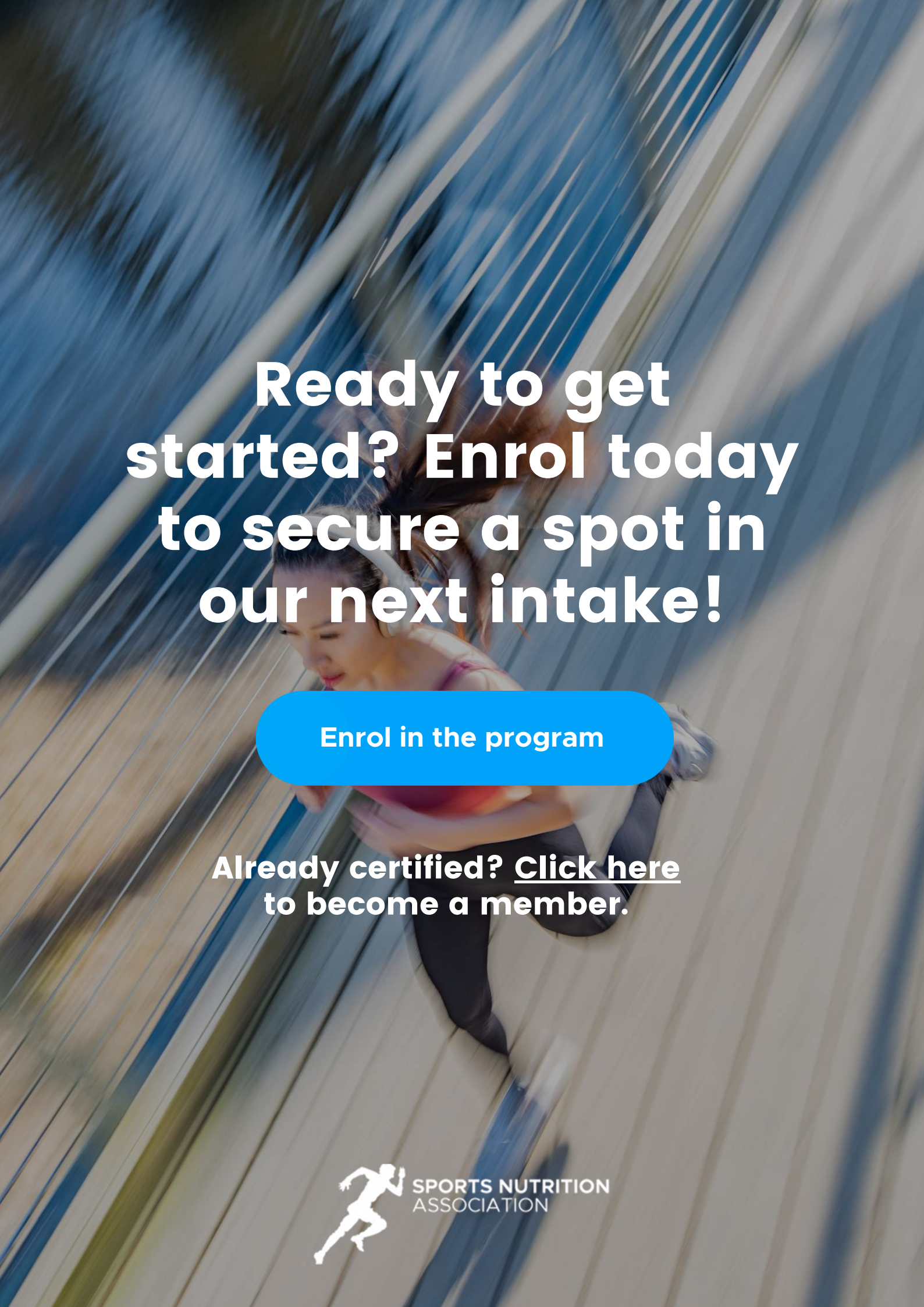
Yes, the course is fully online with over 10 hours of lecture content for you to view, and other practise exams & case study assignments to work on. If you are in a city where a practical is not being run during your intake, then instead of attending you are allowed to submit video evidence for assessment

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 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