

Diploma in Nutrition for Sport and Exercise

Lecturer:

February 2021

Month	Date	Wednesday 18.30-21.30
February	17	Food Science (Part 1)
	24	Food Science (Part 2) - Assessment 1 – Written exam on lecture 1 (10%)
March	03	Supplementation and Steroids in Exercise - Assessment 1 – Written Exam on lecture 2 (10%)
	10	Protocols and Procedures conducting basic nutrition research. Assignment and Debate topic selection. - Assessment 1 – Written Exam on lecture 3 (10%)
	17	No Classes – St. Patricks Day
	24	Implications of Hydration, Dehydration and subsequent thermal stress in performance and training. Assignment and Debate topic selection. - Assessment – Written Exam on lecture 4 (10%)
	31	Ergogenic Strategies used to enhance performance and recovery - Assessment 1 – Written Exam on lecture 5 (10%)
April	07	Dietary Strategies to promote subcutaneous and visceral fat loss
	14	Effect Dietary Strategies to promote subcutaneous and visceral fat loss
	21	Eating and Dietary implications and symptoms linked with exercise and training
	28	Food Medicine
May	05	<ul style="list-style-type: none"> • Assessment 2 – Group 1 presentation on lecture content from weeks 6, 7, 8 or 9 (50%) • Assessment 2 – Group 2 presentation on lecture content from weeks 6, 7, 8 or 9 (50%)

Please note this is a provisional timetable and subject to change.

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