



Nutri World®

MASTERCLASS IN

SPORTS NUTRITION

(BASIC LEVEL)



ABOUT NUTRI WORLD

Nutri World, established in 2017 by Dietitian Dipanwita Saha, is a renowned Sole Proprietorship Nutrition Education and Consultancy business based in India. Certified by IAF, ISO, MSME, and TRADEMARKED, Nutri World has educated over 20,000 students globally, offering a range of nutritional courses and diet consultancy services. With a dedicated team of 25 Nutrition Faculties and 10 Clinical Dietitians, the organization works internationally, serving countries like Bangladesh, the UK, USA, Netherlands, Nigeria, and the Philippines. Nutri World aims to promote nutrition education, raise awareness for healthy lifestyles, and become a leading platform for education and diet-related services in India.





Founder & Director **DIPANWITA SAHA**

Clinical Dietitian & Nutripreneur M.Sc. (Clinical Nutrition & Dietetics), | PGD (Food Technology) | Certified Diabetes Educator | Certified Oncology Dietitian | Associated with Kolkata Heart Foundation as a Consultant Dietitian| Consultant Dietitian at Suraksha Polyclinic | Sr. Nutritionist at Hiya Heart Clinic | Sr. International Nutri Educator at 20 Minutes Medical, Bangladesh| Life Member of Indian Association of Parenteral & Enteral Nutrition | Bengali Book Writer - "Aapnar Shoreer Bolchhi"

Achievement

- The Real Super Woman Award, 2022 by by Forever Star India
- India's Top Ideal Woman Award 2023, Presented by Femmetimes India - Category- Woman Healthpreneur & Also Featuring of Entrepreneur Journey on Femmetimes Magazine
- Star Woman of the Year-2023 Presented by India Star Community- Category- Young Dietitian
- International Diabetes Educator Excellence Award 2023 by USV & NDEP
- Bengal Leadership Award Holder 2024 by Today's Story



ABOUT COURSE

The Sports Nutrition Master Class from Nutri World offers a comprehensive curriculum tailored for both Basic and Advanced levels. Designed for nutrition students, this course covers essential principles of sports nutrition, including macronutrient balance, hydration strategies, and performance enhancement techniques. The basic level introduces foundational concepts, while the advanced level delves into specialized topics such as nutritional periodization, recovery strategies, and meal planning for athletes. Through interactive lessons and practical applications, students gain valuable knowledge to support athletes' performance and overall health.



COURSE DETAILS

DURATION

9 Classes

TIME

Every Week 1 day (Class Day & Time Schedule will be provide after admission)

LIVE ONLINE CLASSES

1 hour classes conducted on the Google Meet Platform

EXAMINATION

F.M : 50 Marks
MCQ Type Google Form Exam (Pass Marks will 70% in total will be needed to qualify in exam)

ELIGIBILITY

B.sc in Nutrition (Honours)Final Year/Msc in Nutrition Pursuing or Passed out

CERTIFICATION

Provide E-Certification (ISO Registered Certification)

SPECIAL FEATURES

- Recorded Classes will be provided after every class.
- Exclusive soft copy study materials will be provided.





COURSE SYLLABUS

1

Introduction about sports & exercise nutrition

- A. Physical activity & its type
- B. Relation of physical activity & health
- C. Safety concerns of physical activity

2

Carbohydrate in exercise & sports

- A. Introduction
- B. Classification of carbohydrates
- C. Role of carbohydrate in exercise and health
- D. Carbohydrate recommendations and guidelines in sports

3

Protein in exercise & sports

- A. Introduction
- B. Classification of protein
- C. Role of protein in exercise & health
- D. Guidelines & recommendations of protein in sports

4

Fat in exercise & sports

- A. Introduction
- B. Classification of fat
- C. Role of fat in exercise & health
- D. Recommendation of fat in sports

5

Importance of micro-nutrients in exercise & sports

- A. Vitamins (water soluble, fat soluble) & minerals
- B. Recommendations

6

Hydration and strategies of hydrations

- A. Introduction
- B. Role of water & electrolytes in body
- C. Dehydration
- D. Guidelines for hydration





Our Instructor
SANGRAMI MUKHRJEE

M.SC in Sports Nutrition (C.U)
B.SC in Food & Nutrition (C.U)
Sports & Performance Nutritionist



ADMISSION PROCESS & FEES STRUCTURE

Register Now

(Click here & fill up the admission form)

FEES STRUCTURE

1. One Time Payment Option:

- **Full payment: ₹999/-**

2. Installment Payment Option: 1499/-

- **₹ 499/- at admission**
- **remaining ₹1000/-**

Payment after one month of class

(After enrollment fee cannot be refunded at any circumstances)

CONTACT DETAILS

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