



# MASTERCLASS IN SPORTS NUTRITION

(ADVANCED 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

6 Months

## FORMAT LIVE ONLINE CLASSES

1 hour classes conducted on the Google Meet Platform

## TIME

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

## ELIGIBILITY

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

## CERTIFICATION

Provide E-Certification (ISO Registered Certification)

## EXAMINATION

F.M : 100 Marks- MCQ Type Google Form Exam (Pass Marks will 70% in total will be needed to qualify in exam)

## SPECIAL FEATURES

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

# COURSE SYLLABUS

## **1) FOUNDATIONS OF SPORTS NUTRITION**

- A. Introduction of sports nutrition practice
- B. Energy availability & metabolism
- C. Macronutrients for performance
- D. Hydration strategies for different sports

## **2) PERFORMANCE NUTRITION STRATEGIES**

- A. Nutrition timing
- B. Competition nutrition
- C. Body composition management
- D. Supplements in sport

## **3) SPORT-SPECIFIC NUTRITION**

- A. Endurance Sports Nutrition
- B. Strength & Power Sports
- C. Team Sport Nutrition
- D. Precision & Skill Sports

## **4) INJURY & REHABILITATION NUTRITION**

- A. Nutrition for Injury Recovery
- B. Ligament & Tendon Healing
- C. Muscle Injury Nutrition
- D. Bone Health in Athletes

## **5) SPECIAL ATHLETE NUTRITION**

- A. Female Athlete Nutrition
- B. Youth Athlete Nutrition
- C. Masters Athletes
- D. Weight Category Sports

## **6) APPLIED PRACTICE & CARRIER DEVELOPMENT**

- A. Nutrition periodization
- B. Working with team
- C. Case studies
- D. Professional Practice



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 the link & fill up the admission form)

## FEES STRUCTURE

**1. ONE TIME PAYMENT OPTION:**

**FULL PAYMENT: ₹9999/-**

**2. INSTALLMENT PAYMENT OPTION: 4999/-**

(Payable in 2 installments)

**3. MONTHLY PAYMENT OPTION:**

**1800/- PER MONTH**

(After enrollment fee cannot be refunded at any circumstances )




CONTACT DETAILS:



## DISCLAIMER

This training program/course is not designed to qualify participants as dietitians or to use the title of a dietitian. Becoming a legitimate dietitian or nutritionist requires a minimum of five years of formal education at a recognized college or university. This typically includes pursuing advanced degrees such as a Master's in Food & Nutrition, Food Science, or Dietetics, complemented by a practical internship in a hospital setting. Additionally, it is advisable to pass the national Registered Dietitian (RD) examination to achieve professional recognition in this field. Please note that our program does not support or advocate for short-term crash courses that claim to certify individuals as dietitians in an unrealistic timeframe. Our aim is to provide foundational knowledge and skills, not to replace the extensive education and certification required for dietetics professionals.

### CONTACT DETAILS:

-  **+919647372176/ +919593393446**
-  **management@gonutriworld.com**
-  **www.gonutriworld.com**

