Module Synopsis

Specialist Diploma in Nutrition & Exercise Science

PDC 1:	Post-Diploma Certificate in Nutrition	(135 hours)
1.	**CP1701: Applied Nutrition**	**(45 hours)**

This module aims to provide participants with the understanding of the science of nutrition and the importance of nutritional adequacy and balance for optimal growth and health. The Dietary sources of the major nutrients, their digestion, absorption, and metabolism are covered in the module. Participants will relate the different functions of nutrients, including their deficiencies and excesses to how it is affecting health and to the different stages of growth. Participants will learn how to analyse and create food labels. The knowledge and skills obtained in this module will enable participants to develop nutritional strategies for heathy eating.

2.	**CP1702: Diet & Disease**	**(45 hours)**

This module aims to provide participants with principles and relationship of nutrition and disease, with focus on chronic degenerative and prevalent diseases. Experiments will be provided to enable participants to expand their potential to develop sound recommendation and practical application for the nutritional prevention of these diseases.

3.	**CP1703: Sports Nutrition**	**(45 hours)**

This module aims to provide participants with the understanding of nutrition and importance of optimizing nutritional strategies for exercise adaptions, both for recreational and performance athletes. The contribution of macro- and micro- nutrients to meet energy needs and adaption are covered in this module. Participants will relate the concepts of nutrient adequacy, the use of functional foods, supplements, and ergogenic aids, as well as the importance of timing to exercise adaptation and performance. The knowledge and skills obtained in this module will enable the participant to communicate nutrition-related benefits and develop nutritional strategies to maximize exercise and training gains for optimal performance.

PDC 2:	Post-Diploma Certificate in Exercise Science	(135 hours)
1.	**CP1704: Exercise Physiology**	**(45 hours)**

This module aims to provide participants with an overview and appreciation of physiological principles that explain how the human body functions during exercise. Participants will learn the adaptations of the human body in response to different forms of exercise and apply this knowledge in the laboratory practical sessions.

2.	**CP1705: Physical Fitness Conditioning & Exercise Prescription**	**(45 hours)**

This module aims to provide participants with an overview and appreciation of the wide spectrum of physical fitness assessment and exercise prescription. The participants will learn to apply the knowledge of exercise physiology in the fitness and performance arena to attain

general wellness levels and achieve maximum performance in sport or exercise. Participants will also be taught the various methods and considerations in prescribing exercise for the general and special populations.	
3. CP1706: Exercise Rehabilitation	**(45 hours)**
This module aims to provide participants with the skills to analyse human movement qualitatively, thereby improving movement quality and enhancing injuries reduction. On completion of this module, participants will have the necessary knowledge to apply biomechanical principles, movement analysis and therapeutic exercise principles to the training of their clients.	