

JOIN THE GMU SHORT COURSE IN NUTRITION FOR SPORTS, AND HUMAN PERFORMANCE



- To take advantage of the various job opportunities opening up in sports management and support services in the gulf region as it is fast becoming a major destination for global sports events
- If you want to update your knowledge of the effects of nutrition on athletic and sports performance.

A variety of opportunities exist in areas such as diet management, and performance enhancement advise to sports persons for those who successfully complete this course

Sports persons and trainers can enhance their knowledge of the effects of nutrition on their performance and be able to properly evaluate nutritional information Be the best in your chosen field of human endeavor by taking this opportunity to learn from qualified teachers in the field

For detailed course information check

www.gmu.ac.ae or call

Ms Sherly our academic coordinator on **067431333**

Snapshot of the course:

This course covers a wide range of essential topics such as:

- Energy sources
- Dominant energy system functioning in an athletic event
- Food pyramid and athletic needs
- Role of different nutrients in growth, development and exercise
- Nutritional terms in the context of athletic performance
- Technology enabled diet planning, and exercise for different age groups
- Synergistic action between nutrition, physical activity and athletic performance
- Evaluation of the use of ergogenic aids in sports

Classes are scheduled in the evenings and weekends keeping in mind your convenience!

Enhance your career! Join today! Limited seats.

This is a unique and rare opportunity to get a qualification from a leading medical university in the region.

Center for Continuing Education and Community Outreach



مطبي
THUMBAY

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GULF MEDICAL UNIVERSITY
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