



# Nature Care College

## Nutrition for Athletes

### DESCRIPTION

**This Continuing Professional Education Course is eligible for 10 CPE Points**

Manual Therapists, Naturopaths, Nutritionists and other Natural Medicine Practitioners alike will gain valuable insight into the world of athletes and their unique needs. Athletes use nutrition as one of their main tools for better performance and their use of different foods and fluids follows specific protocols that are different to regular nutritional practices.

This a unique workshop that brings you a wealth of information not normally taught in natural therapy circles. It will enable practitioners to greatly expand their scope of understanding and clinical practice.

### ABOUT THE FACILITATOR

Kira Sutherland is an experienced Naturopath specialising in Sports Nutrition. Kira divides her time between lecturing/training, consulting for corporations. Kira draws from the fields of naturopathy, Sports Nutrition, & Manual Therapies to treat and advise her clients who include amateur, semi professional and national athletes, teams and coaches. Kira has worked with the International Olympic Committee in Sports Nutrition

Education: Adv. Dip. of Naturopathy, Adv. Dip. of Nutrition, Adv. Dip. of Botanical Medicine, Adv. Dip. Homoeopathy, Dip. Rem. Massage, Bachelor Health Science, Graduate Dip. Sports Nut.(IOC) and is currently completing her Masters in Sports Nutrition.

### DURATION

16 Hours: 2 day workshop

### OTHER (where applicable)

Pre-requisites: Current student –completed Medical Sciences & Remedial Massage 1; Cert IV. Or Diploma in Remedial Massage Therapy

### CONTINUING EDUCATION CREDITS:

This workshop is eligible for 10 Continuing Education points.