

COURSES IFBB



ADVANCE NUTRITION COURSE

MODULE I: FUNDAMENTALS OF NUTRITION

METABOLISM

- Metabolism/energetic equilibrium
- Energetic value/calories
- Basal and Total metabolism
- Caloric intake
- Calorie expenditure
- Morphotypes
- Ideal weight
- Body mass index
- Adipose tissue: Measurement
- Lipocaliber
- Electrical impedance
- Macro and micronutrients

CARBOHYDRATES

- Types of carbohydrates and primary sources
- Its use during exercise
- Carbohydrate intake guide
- Glycemic index (GI)
- Glycemic load (GL)
- Athletic form and glycemic index
- Carbohydrate load: what is it and how does it works
- Dietary fiber

PROTEINS

- What are proteins
- Amino acids
- How they work in the body
- Digestion and absorption
- Protein needs
- Requirements in athletes
- Types of proteins

- Protein supplements
- Ingestion times
- High and low biological quality proteins
- Needs in vegetarian athletes

FATS

- Types of fats
- Function of fats
- Metabolism of fats
- Fat needs for active people
- Distinguishing between healthy and harmful fats
- Hydrogenated fats: what are they and how to avoid them

VITAMINS AND MINERALS

- What are they, their functions and needs
- Need for supplementation
- RDAS/DV/DRVS and other terms
- Deficiencies and risk factors in women
- Intake in vegetarians
- Needs in high performance athletes
- Mega-doses
- Toxicity
- Water-soluble vitamins (vitamins C and B)
- Liposoluble vitamins (Vitamins A; E; D; K)
- Minerals (Zinc, Iron, Magnesium, Calcium, Sodium, Potassium, Chrome, others)

WATER

- Essential component/basics
- Needs
- Role of water in athletic performance
- Water or other liquids
- Electrolytes
- Electrolyte drinks



- Drinking before, during and after exercise
- Drinking water quality

NUTRITIONAL PYRAMID

- The USA food pyramid: Foundation analysis
- Limitations of the model
- Other pyramids (Asian, Mediterranean, Vegetarian)
- Pyramid of athletic nutrition

MODULE II: ANABOLIC NATURAL NUTRITION

BASIC PRINCIPLES

- Natural anabolic nutrition
- The triangular method
- Biochemical individualism
- Synergy
- Complete Nutrition
- Evolutionary dynamics
- Physiological dynamics
- Practice standards of sports nutrition
- Basic principles of nutrition
- Dietary Guidelines to prevent and combat the sensation of fatigue

MEAL PLANNING

- Things to consider
- Basics of good nutrition
- Selection and purchase of functional foods
- Eating while traveling
- Appetizers and “snacks between meals”
- Burgers and “Fast Foods”
- Dietary bars and nutritious beverage: fast foods of the XXI century
- Preparation of nutritional quick meals
- Eating in a restaurant

SUPPLEMENTS

- What are they? Dietary product properties
- Supplements to increase lean muscle mass
- Supplements for weight loss, increased energy and endurance
- Supplements for everyday use for overall health and for boosting the immune system
- Supplements to improve the overall function, mood and sleep
- Vitamins, Minerals and antioxidants
- How to choose the right supplement

FOODS

- The best foods
- Protein sources
- Sources of cereals
- Legumes
- Fruit and Vegetables

- Nuts and seeds
- Basic cooking for athletes
- Cooking eggs, potatoes, meat, chicken, sauces
- The shopping list of an athlete
- Recipes

VEGETARIAN NUTRITION

- The garden of muscular variety
- Why become a vegetarian?
- Can strength sport and vegetarianism co-exist?
- Example of a vegetarian menu
- Advice for becoming vegetarian
- Sources of protein that are not based on meat
- Value of protein

MODULE III: NUTRITION FOR FAT LOSS AND NUTRITION FOR INCREASING LEAN MUSCLE MASS NUTRITION FOR FAT LOSS

NUTRITION FOR FAT LOSS

- Benefits of maintaining adequate levels of fat
- Establishing the present situation to the subject
- Tracking eating habits and analyzing them
- We are what we eat
- Calculating the caloric maintenance level
- Problems of limited caloric intake
- Leptin: the hormonal control of fat levels
- How to exploit its advantages naturally
- Action of leptin
- Regulators of leptin

DIET REVIEW

- Low Carb diet
- Zone diet
- Dissociated diet
- Atkins diet
- Scarsdale diet
- Mayo Clinic diet
- Other diets

PLANNING MEALS FAT LOSS DIET:

- Caloric distribution in intakes per day
- Description and composition of meal types
- Examples of such foods and type supplementation;
- The concept of “small frequent meals” and its effectiveness in controlling body fat
- The effect of fiber
- Zigzag diet

SUPPLEMENTATION FOR FAT LOSS

- Introduction
- Working mechanism of fat burners



- Recent additions to the list: Caffeine, Calcium, Green Tea, CLA, Cayenne, Bamboo Leaf
- Phaseolamin
- Chitosan
- Pyruvate
- Hydroxycitric acid
- Ephedra
- Octopamine
- Tyrosine
- Phenylalanine

NUTRITION FOR INCREASING LEAN MUSCLE MASS

- Nutritional guide for developing muscles
- Muscular macronutrients
- Carbohydrates and glycemic index
- Carbohydrates and muscular growth
- Fats: the good, the bad, the ugly
- Fats and muscular growth
- Protein: the king of muscular growth
- How much protein?
- Protein quality
- Classification of the best sources of protein (fish, wheat, casein, milk, eggs, beef, chicken, pork, soya)

SUPPLEMENTS TO INCREASE LEAN MUSCLE MASS

- General review
- Creatine (Creatine with HMB, Creatine with carbohydrates, Creatine with phosphate, Creatine

with proteins, Creatine with glutamine, The future of creatine, Recommendations for use); Is creatine supplementation safe?

- HMB, ZMA, Glutamine, Taurine, Essential Amino Acids, Vitamin C

NUTRITION AND EXERCISE

- Schedules nutrition
- Pre training Nutrition
- Nutrition during training
- Post workout Nutrition (Anabolic Recovery)
- Nutrition prior to night rest

RECOVERY

- The concept of recovery
- The rest
- Fueling recovery
- Prevention and treatment of muscle aches
- Supplements for recovery

ANTI AGING NUTRITION

- What do we understand by anti-aging?
- Strengthening the immune system
- Improving neuromuscular condition
- Improving cardiovascular health
- Improving state of mind (psychological health)
- Supplementation as a protector against typical illnesses of old age
- Prevention of Alzheimer's disease