



ELITE OPERATOR PERFORMANCE NUTRITION COURSE

FEBRUARY 17-18-19, 2024

UC DAVIS

The Elite Operator Performance Nutrition Course provides sport practitioners with hands-on, accelerated training in key areas of performance nutrition. Participants will learn about current evidence and best practices to perform and inform vital performance nutrition responsibilities in the daily training environment.

Feb 17, 9-1PM
Module 1
Metabolic Fueling

Using metabolic testing equipment and diverse practical scenarios and you will understand how key nutrition strategies impact the physiological systems that adapt to various training stimulus over a yearly training plan.

Feb 17, 2-6PM
Module 2:
Hydration Evaluation

Participants will learn field-based assessment techniques that they can use to develop comprehensive hydration protocols for their athletes. Participants will understand the evidence, various methods and formal techniques for comprehensive hydration and sweat sodium assessment in their population.

Feb 18, 9-1PM
Module 3:
Biomarker Monitoring

This module will provide you the framework to identify relevant biomarkers and interpretation of this data to assess nutrition status. Hands-on examination of athlete case-study data will further develop your progressive understanding of the use of biomarkers within an integrated approach.

FEB 18, 2-6PM
Module 4:
Supplement Science

Using an evidence-based framework you will become equipped with the best-practice approach to supplement use and develop a critical approach with additional resources you need to navigate safe supplement recommendations.

FEB 19, 9-1PM
Module 5:
Body Composition

By the end of the module practitioners will understand the concepts of various body composition techniques and gain knowledge to make better informed decisions around body composition management and assessment.

EVENING SOCIAL EVENTS TBA

Course Costs

Entire Course (5 Modules) - \$600

Individual Module - \$200 each

Education Credits

Registered Dietitians: 3 CEUs per module (15 for course)

Strength & Conditioning: 0.3 CEUs per module (1.5 for course)

Athletic Trainers: 3 CEUs per module (15 for course)



NSCA
NATIONAL STRENGTH AND
CONDITIONING ASSOCIATION

CEU APPROVED