

Sports and Exercise Nutrition

Postgraduate Certificate





Postgraduate Certificate

Delivered over 6 months, the online, part-time, Postgraduate Certificate course is specially developed for busy health professionals. The course is worth 60 credits and comprises three modules of 20 credits, each running over a period of six weeks.

Why Study Sports and Exercise Nutrition with us?

Our flexible, 100% online Postgraduate Certificate in Sports and Exercise Nutrition is designed for healthcare professionals, personal trainers, coaches, and wellbeing specialists who want to integrate advanced, evidence-based nutrition into their practice.

Whether you aim to improve patient recovery, expand your services, or stand out among competitors, this Level 7 qualification gives you the tools to deliver measurable results.

You'll gain practical, career-focused expertise in applying nutrition to rehabilitation, wellness, and performance. For healthcare professionals, this means more effective recovery strategies. For trainers and coaches, it means enhanced credibility, greater client satisfaction, and demand for your services. With flexible online delivery and portfolio-style assessment, the programme fits seamlessly around your career while giving you skills you can apply immediately.

Postgraduate Certificate in Sports and Exercise Nutrition

Course Modules

Our online Sports and Exercise Nutrition Postgraduate Certificate allows you to study for just six months and is a part-time, distance-learning course. The course is worth 60 credits and comprises three modules of 20 credits, each running over a period of six weeks.

Module 1 - Foundations of Sports and Exercise Nutrition

Aim of the module:

- This module develops advanced understanding of the fundamentals of sports and exercise nutrition in a variety of settings, enabling students to evaluate and apply evidence-based nutritional strategies for optimising athletic performance, recovery, and body composition through macro/micronutrient manipulation, hydration protocols, and strategic meal timing.

Synopsis of module content:

- Fundamentals of Sports Nutrition and Energy Systems
- Macronutrients in Sports Performance: Timing, Type, and Amount
- Micronutrients and Their Role in Exercise Metabolism
- Hydration Strategies and Electrolyte Balance
- Body Composition Assessment and Nutrition Planning
- Recovery Nutrition and Meal Timing

On completion of this module, students will be able to:

1. Critically appraise current scientific evidence on macronutrient and micronutrient functions and requirements in sport and exercise settings, to formulate context-specific, evidence-informed nutritional strategies for performance, recovery, and body composition, within the learner's professional scope of practice.
2. Design and evaluate personalised nutrition interventions that integrate hydration protocols, body composition assessment, and nutrient timing, to support exercise metabolism and recovery in varied populations, recognising the limits of one's own scope of practice.

Module 2 - Clinical Applications in Sports Nutrition

Aim of the module:

- This module develops clinical competencies and perspectives in sports nutrition, enabling students to assess, design and implement evidence-based nutritional interventions for diverse populations, with particular focus on managing common medical conditions within specific groups of the sports/fitness subjects, and optimising nutrition across different physiological states and recovery scenarios.

Synopsis of module content:

- Nutritional Assessment and Care Planning in Athletes
- Managing Medical Conditions in Athletic Populations
- Female Athlete Considerations and RED-S (Relative Energy Deficiency in Sport)
- Performance Nutrition for Different Body Compositions
- Ageing Athletes and Masters Sports Nutrition
- Injury Recovery and Rehabilitation Nutrition

On completion of this module, students will be able to:

1. Integrate and critically evaluate physiological, clinical, and nutritional data to develop comprehensive care plans that address health and recovery goals in athletic populations with varying medical conditions, within the learner's scope of professional practice.
2. Design and justify evidence-based nutrition interventions tailored to diverse athlete populations, considering physiological and performance-related factors related to the learner's scope of practice.

Module 3 - Advanced Sports Nutrition Practice

Aim of the module:

- This final module develops advanced professional competencies in sports nutrition practice, enabling students to design, implement and evaluate evidence-based nutrition strategies across different sporting contexts, while critically appraising supplementation protocols and integrating contemporary nutritional approaches with athletic training cycles.

Synopsis of module content:

- Sport-Specific Nutrition Programming (Endurance vs. Power vs. Team Sports)
- Supplementation in Sports: Evidence-Based Approaches
- Competition Nutrition and Weight Management Strategies
- Performance Testing and Nutritional Monitoring
- Integrating Nutrition with Periodised Training Programmes
- Contemporary Issues and Future Directions in Sports Nutrition

On completion of this module, students will be able to:

1. Design, implement, and critically evaluate sport-specific nutritional programmes, integrating evidence-based supplementation protocols and performance monitoring tools to optimise outcomes within the bounds of the learner's professional scope of practice.
2. Critically appraise and synthesise emerging research and contemporary debates in sports nutrition, to inform the development of innovative, periodised nutrition strategies that align with athletic training cycles and evolving professional practices.

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I have always been interested in the science behind nutrition and stayed up to date in the academic field. Teaching is a passion through which I aim to make the scientific principles practical in order to change performance. Being on academic level or with a client, I do believe that knowledge can make a difference. The more people we can empower, the more can benefit.

Programme Leader - Nicki de Villiers



Teaching Methods

Our courses are conducted entirely online through our online learning platform. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your everyday work and practice.

Our dedicated Student Support Team is also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be required to attend our Study Skills week. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writing, and levels of evidence in preparation for your studies. It is compulsory for you to attend this induction, as it will provide you with a sturdy introduction to the course.

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Entry Requirements

English Requirement:

- 6.0 (with a minimum of 5.5 in each band) - including expired
- With a score of 72 overall and a minimum of 18 in reading, 17 in listening, 20 in speaking and 17 in writing (including Home Edition)
- English grade C or above
- Advanced (CAE): exams taken from January 2015- overall score of 169 with at least 162 in each component; exams taken before January 2015- Grade C and no less than borderline in each skill
- English Language qualifications: ISE II Distinction or ISE III Pass
- With a score of 64 overall and 59 in each component. Please note that where a UKVI SELT is not required, we can also accept the scores in the PTE Academic Online
- B2 Communicator Exam with a high pass with a score of 33 in each component

Educational Requirement:

- Possess a healthcare or sports degree or equivalent (including international qualifications) in a relevant subject.
- Students who possess a good undergraduate degree in broader subject areas are encouraged to apply, provided the applicant has 2 years + experience in sport/exercise space. For example, Personal Trainers who can demonstrate relevant experience.





What do our students think?

Since 2010, over 6000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor

"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



Diploma MSc

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