



The Competitive Athlete

9, 10, 11, 17, 18 & 23rd May 2010

This module is open for attendance to students and graduates with a particular interest in sporting performance. Each day is accessible online through our website for those unable to attend and as an ongoing resource to those that attend. The cost for each day is £50 and if three or more days are purchased you can benefit from 10% discount.

The Competitive Athlete is a functional approach to Sports Nutrition. Now in its 4th year, the module goal is to bridge the gap between the practical, quantitative approach of classical sports nutrition and the functional, body-systems approach of nutritional therapy.

Historically, sports nutrition has focused on the quantity and balance of nutrients consumed in an athlete's diet, with the aim of striving towards optimum sports performance. Concordant with this aim, the Competitive Athlete will study the macro and micro-nutrient requirements for competitive gain, including important considerations such as timings of food and fluid consumption around training exertions and competition.

In addition, the nutritional therapy approach will introduce to students the concepts of functional laboratory assessment of metabolic processes. This may have important implications for the understanding of substrate metabolism, detoxification, oxidative stress, inflammation and signs of overtraining syndrome in sporting individuals. Health, defined as optimum metabolic functioning, is thought to be a pre-requisite for athletes to maximise their sporting performance. Ergogenic aids will also be discussed, along with consideration of injury prevention and treatment through nutrition. Supplementation of natural product will be another important consideration within this revised sports nutrition model.

Ian Craig is the leader of this module and has over 20 years of experience as a competitive Middle Distance runner. He studied Exercise Physiology to MSc level in America, before qualifying as a Strength and Conditioning Specialist and spending several years as a Personal Trainer and Coach. Now a Nutritional Therapist, he practices and lectures in Functional Sports Nutrition (an integration between Nutritional Therapy and Sports Nutrition) at his home in Cape Town and during regular trips to the UK.



Also teaching on the course is **Pete Williams** A medical science graduate of both Liverpool and Sheffield Universities, a graduate of the prestigious US Institute for Functional Medicine, a Strength and Conditioning Specialist and lifetime achievement award winner with the Register for Exercise Professionals, Pete Williams is one of this country's most complete health experts. He specialises in Functional Medicine at his clinic in London.

Alessandro Ferretti Years of competitive Judo and practicing as a Personal Trainer and Nutritional Therapist, has led Alex to amass a wealth of experience in the field of Sports Nutrition. A graduate of ION, he worked for several years with a highly regarded supplements company as Education manager before leaving to establish his own nutrition business, 'Equilibria Health Limited'. Alex now lectures on clinical workshops aimed at the post-graduate sector, provides corporate wellness packages and runs a successful nutrition practice, which includes many serious athletes.

Antony Haynes has had a long involvement with sport: he played hockey for East England junior team and captained Essex plus won gold medals as a member of the GB junior ski team. His interest in sport led him to complete a degree in Sport Science at Brunel University in 1987. Since qualifying as a Nutritional Therapist in 1992, he has had nutritional care of several international and world class athletes, as well as many gym members and individual athletes.

Christine Bailey is a qualified Chef and food consultant as well as a freelance food and health writer for numerous national magazines and newspapers. She has produced several recipe books including TOP 100 Low Salt Recipes 2009 (Duncan Baird Publishers) and The Intelligent Way to Lose Weight (2009 (Dr Mark Atkinson and Christine Bailey) Published by Higher Nature. She is a student of Nutritional Therapy at CNELM and runs several cookery workshops hosted by the college.

Kathryn Sentance, Raworth College graduate and 2007 Comp Athlete participant said:

"Since completing your course.....It gave me the confidence to approach the Isle of Man Institute of Sport, I'm now contracted to provide nutrition support to their athletes. Their program is only open to those competing on a National or International level, it's exciting to be working with people at this level and in a wide variety of sports (cycling, badminton, shooting, motocross and more). Without the grounding this course gave me I wouldn't have been able to do it".

Sharmani Barge, herbalist and current Masters student at CNELM said:

"I've thoroughly enjoyed the MSc course run by CNELM, in particular, the Competitive Athlete module. The module gives an in depth look into specific conditions and treatments for competitive athletes, which has in turn given me the confidence to expand my practice into this area. The module is facilitated by health care professionals with extensive experience within the field who are all extremely supportive".



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