

Nutrition Strategies for Strength and Size



By Dr Rebecca Reynolds

Nutrition Strategies for Strength and Size is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who are interested in gaining an understanding of eating right for hypertrophy and strength. The information covered in this course will help Fitness Professionals aid their clients in making positive nutritional changes that will complement their training.

Nutrition Strategies for Strength and Size explores:

- A re-cap of muscle anatomy and physiology
- The role of the fitness professional in helping clients achieve their goals through nutritional support
- Current nutritional guidelines for increasing muscle mass
- Current research and standpoints on nutrition for hypertrophy
- The role of supplementation and commonly used supplements

Nutrition Strategies for Strength and Size is delivered online using a 31 page learner guide as well as charts, templates and loads of additional supporting articles and websites.

Upon successful completion, course participants will:

- Understand the function of the muscle and it's ability to improve strength and size
- Be able to provide clients with nutritional support within the scope of practice of a fitness professional
- Have the knowledge to provide dietary recommendations and guidelines for hypertrophy and strength clients
- Be able to guide their client in setting realistic muscle mass gains
- Understand the role of supplements and evaluate the efficacy of supplementation
- Provide evidence-based information to clients on supplementation whilst staying within the scope of practice of a fitness professional.

Course Creator Bio

Dr Rebecca Reynolds finished her PhD investigating the effect of the glycaemic index on hormones, appetite and *acne vulgaris* at Sydney University in 2009 with Professor Jennie Brand-Miller. She has since worked in community-based obesity prevention at The World Health Organization's Collaborating Centre on Obesity Prevention and in nutrition education for fitness professionals at The Australian Fitness Network and public health nutrition students at Deakin University.