
**A REPORT ON
CERTIFICATE COURSE
ON SPORTS
NUTRITION**

2025-26

**FOODS AND NUTRITION
DEPARTMENT**





A Charutar Vidya Mandal's Institution
S. M. PATEL COLLEGE OF HOME SCIENCE
(AUTONOMOUS) (Grant-in-Aid)
Affiliated to Sardar Patel University
VALLABH VIDYANAGAR-388120



COURSE TITLE	CERTIFICATE COURSE IN SPORTS NUTRITION
DEPARTMENT	FOODS AND NUTRITION
COURSE COORDINATOR	MRS. VIJAYA AGARWAL
DURATION (HOURS)	30 HOURS
CREDIT	2 CREDITS
PERIOD OF WORK	
MODE OF LECTURES /PRACTICAL	OFFLINE
MEDIUM OF INSTRUCTION	ENGLISH / GUJARATI
NUMBER OF PARTICIPANTS	12
COURSE OBJECTIVE	BY THE END OF THIS COURSE, LEARNERS WILL BE ABLE TO: • To introduce the foundational concepts of sports nutrition. • To explore the role of nutrients in athletic performance. • To provide practical guidance on meal planning and supplementation for athletes. • To develop skills in assessing dietary needs and customizing athlete-specific nutrition plans.
COURSE CONTENT	Module 1. Introduction to sports nutrition Module 2: Macronutrients & micronutrients in sports Module 3: Meal timing and performance nutrition Module 4: Sports supplementation Module 5: Nutrition for different sports & athletes Module 6: Practical diet planning & case studies

ACTIVITIES CONDUCTED	Lectures, Group Discussion, Case Studies, Meal Planning for various sports, Video Clips, Interaction with Sports persons
LEARNING OUTCOME	UPON COMPLETION, PARTICIPANTS WILL BE ABLE TO: • Understand the basic science behind nutrition and exercise. • Identify macronutrient and micronutrient needs of athletes. • Develop pre-, during-, and post-exercise nutrition strategies. • Apply basic assessment tools like BMI, BMR, and kcal calculation. • Create sport-specific meal plans for performance and recovery. • Recommend safe and effective supplementation when necessary.

CONCLUSION

The **Certificate Course in Sports Nutrition** successfully achieved its objective of providing participants with a strong foundation in the scientific principles and practical applications of nutrition for sports and physical performance. Through a well-structured curriculum comprising six modules, the course enabled learners to understand the relationship between nutrition, exercise, health, and athletic excellence. Participants gained comprehensive knowledge of the functions of macronutrients and micronutrients, hydration strategies, meal timing, sports supplementation, and nutrition requirements for athletes engaged in different types of sports.

The interactive teaching methodology, which included lectures, group discussions, case studies, meal planning exercises, video-based learning, and interactions with sportspersons, created an engaging learning environment and encouraged active participation. Practical sessions on dietary assessment, BMI and BMR calculations, calorie estimation, and the preparation of individualized meal plans enhanced the learners' ability to translate theoretical concepts into real-life practice. These activities also strengthened analytical thinking, problem-solving, and decision-making skills required for evidence-based nutritional guidance.

By the end of the course, participants demonstrated improved competence in assessing the nutritional needs of recreational and competitive athletes and designing appropriate nutrition plans to support training, performance, recovery, and overall well-being. They also developed an understanding of the safe and judicious use of sports supplements while recognizing the importance of evidence-based recommendations.

Overall, the course proved to be highly beneficial in enhancing participants' knowledge, practical

skills, and confidence in the field of sports nutrition. It provided a valuable platform for students and nutrition enthusiasts to explore emerging opportunities in sports and fitness nutrition while promoting healthy dietary practices for active individuals. The successful completion of the programme reflects the commitment of the Department of Foods and Nutrition to providing quality skill-based education aligned with current professional requirements. The course has laid a strong foundation for advanced learning, research, and career opportunities in sports nutrition, contributing to the development of competent nutrition professionals capable of supporting athletes and physically active populations.

ANNEXURES:

A. COURSE BROCHURE



A CHARUTAR VIDYA MANDAL'S
S. M. PATEL COLLEGE OF HOME SCIENCE
(AN AUTONOMOUS INSTITUTE AFFILIATED WITH SARDAR PATEL UNIVERSITY)
REACCREDITED BY NAAC, GSRIF 4 STAR
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE-II)
AFFILIATED TO SARDAR PATEL UNIVERSITY, VALLABH VIDYANAGAR-GUJARAT

CERTIFICATE COURSE on:
SPORTS NUTRITION
NOURISH YOUR PERFORMANCE • FUEL YOUR POTENTIAL

**TIME**
1:30 PM - 2:30 PM

**COURSE FEES**
1500/-
REVISED FEES

**ELIGIBILITY**
Open For All
(12th Pass)

**VENUE:**
S. M. PATEL
COLLEGE OF
HOME SCIENCE

BENEFICIARIES OF THE COURSE:

- Students of Home Science, Nutrition & Dietetics
- Fitness trainers and gym instructors
- Coaches and physical education teachers
- Sports persons and athletes
- Dietitians and nutrition professionals
- Yoga instructors and wellness professionals
- Working professionals interested in sports and fitness
- Health-conscious individuals

**E-CERTIFICATE WILL BE PROVIDED**

**FOR INQUIRY CONTACT**
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+91 9586973759

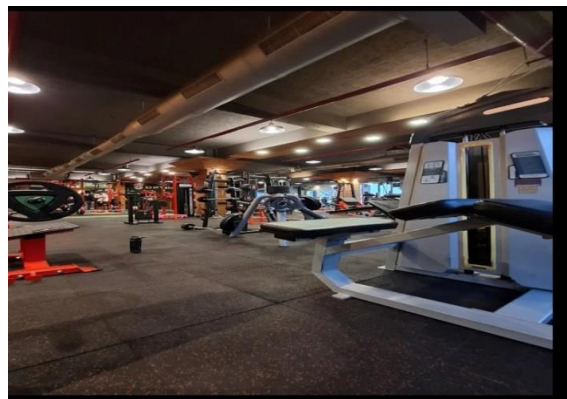
**LIMITED SEATS HURRY UP!**

LEARN • APPLY • PERFORM • EXCEL
Build Knowledge. Build Strength. Build a Better You.

B: LIST OF PARTICIPANTS

LIST OF PARTICIPANTS:	
SR. NUMBER	NAME OF THE PARTICIPANT
1	MS. MISTY SHETH
2	MS. SIFA PATHAN
3	MS. NIYATI DAVE
4	MS. SHRIYA SHAH
5	MS. HRUTVI PALEJKAR
6	MS. JENI PATEL
7	MS. MANYA PATEL
8	MS. SWARA JOSHI
9	MS. SNEHA RATHOD
10	MS. SIDDHI SHAH
11	MS. ALIHA VOHRA
12	MS. NAIYA PATEL

C: PHOTOGRAPHS



Visit of Students to the Gymnasium

D: SAMPLE OF THE CERTIFICATE ISSUED

