



COURSE TIMETABLE

DAY 1

Start Time **9:00am**

9:00am **Introduction**

10:45am **Dissecting Research: Spotting Inconsistencies & Training a Critical Eye**

1:15pm **Know Your Client**

4:10pm **15-minute break**
(Refreshments will be provided)

10:30am **15-minute break**
(Refreshments will be provided)

12:15pm **Lunch**
(Lunch will be provided)

2:15pm **Biochemical and Hormonal Effects of Macronutrients (Part 1)**

4:30pm **The Science behind Contemporary Diets**

Approx finishing time **6:00pm**

Lectures

Seminars

Workshops

TO GET IN TOUCH ▶

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COURSE TIMETABLE

DAY 2

Start Time **9:00am**

10:45am **15-minute break**
(Refreshments will be provided)

12:15pm **Lunch**
(Lunch will be provided)

2pm **Food Diary Analysis
Workshop**

5:00pm **Extensive Q&A**
(Optional session)

9:00am **Biochemical and
Hormonal Effects of
Macronutrients (Part 2)**

11:00am **Supplements**

1:00pm **Marketing Yourself**

3:15pm **Dietary
Calculations for Athletes
and the General
Population**

Approx finishing time **6:00pm**

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