



# Sports Nutrition

Proper nutrition can optimize athletic performance. This free course, brought to you by EAS Sports Nutrition, a division of Abbott Labs, can help your students perform at their peak. This course presents practical tips on how you can teach and model proper nutrition to your athletes.

## Course Objectives

- Emphasize the importance of proper fueling for physical activity, pre- and post-workout
- Provide real-world effective advice for helping your students to make better food decisions
- Underscore male-and female-specific issues surrounding the topic of nutrition
- Clarify the warning signs for eating disorders and disordered eating
- To provide an overview about dietary supplements, how they are regulated and how to avoid use of contaminated dietary supplements
- To highlight the risks to athletes who use performance-enhancing drugs, including anabolic-androgenic steroids

## Units

- Nutrition
- Supplements

## More

- Unlimited access to course & resources for one year from date of purchase
- FREE Course
- Use as an elective to fulfill  certification requirements
- Approved by NFHS for 3 course clock hours

More Information at [nfhslearn.com](https://nfhslearn.com)!