BE AT THE FOREFRONT OF SPORTS AND EXERCISE NUTRITION
Get up-to-date with the latest, evidence-based guidelines and recommendations with an Undergraduate Certificate of Sports and Exercise Nutrition.

- Course code: M0500
- Study mode: Online
- Duration: 6 months (full-time) or 1 year (part-time)
- Intake: Second semester (July 2021)

The Undergraduate Certificate of Sports and Exercise Nutrition is based on our world-leading research and evidence-based practice. Whether you’re working in sport, exercise and fitness at a community or elite level, this course provides you with an opportunity to extend your scientific knowledge and practical skills in sports and exercise nutrition.

Our teachers are accredited sports dietitians, recognised globally for their work in sports dietetics, exercise gastroenterology and extremes physiology. You’ll benefit from their extensive experience and industry connections.

Delivered fully online, you have the flexibility to study this course anytime, anywhere. You’ll also have the opportunity to complete one of the units during the summertime, outside of the standard semester period. There’s also the option to take part in a practical day in the Monash Nutrition & Exercise Clinic, where you’ll test out the same techniques and equipment used by our leading sports dietetic and extremes physiology research team.

COURSE STRUCTURE
In the Undergraduate Certificate of Sports and Exercise Nutrition you’ll complete the following 3 units:
- Introduction to nutrients
- Nutrition across the lifespan
- Nutrition in sport and exercise

In the Undergraduate Certificate of Sports and Exercise Nutrition you will:
- Understand the biochemical and physiological alterations that occur in response to exercise and the nutritional influences and implications.
- Learn how to implement the sport and exercise nutritional guidelines and recommendations before, during and after exercise - within the scope of professional practice and appropriate referral pathways.
- Collect, manage, process, and interpret group and individual exercise response data, and demonstrate how data interpretation influences professional practice.

COMMONWEALTH SUPPORTED PLACES
Limited Commonwealth Supported Places (CSP) are available. The Government has allocated Commonwealth Supported Places for this course in 2021. Monash University is offering study grants for this course, so students will not be required to pay a student contribution amount for enrolled units in 2021.

Please note: This course is being offered under the Government’s new Priority Places Package, and will not be offered in 2022.

CAREER OPPORTUNITIES
After completing the Undergraduate Certificate of Sports and Nutrition Science, you’ll be able to apply your studies within your workplace. Whether you’re looking to upskill or move into a specialist role, you’ll have the tools to shape your practice and expand your career pathways.

FURTHER STUDY
With an Undergraduate Certificate of Sports and Exercise Nutrition, you may be eligible to apply for our Bachelor of Health Sciences.

For further information about the Undergraduate Certificate of Sports and Exercise Nutrition, visit: monash.edu/study/course/m0500

“I look forward to guiding you through your sport and exercise nutrition educational journey”.

Dr Ricardo Costa PhD, RD, APD, AdvSD
Course coordinator and Senior Lecturer in Exercise Physiology, Metabolism and Dietetics

Contact Us
T: 1800 MONASH
E: future@monash.edu
monash.edu/medicine

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