

Certified Sports Nutrition Coach (CSNC) – Scope and Sequence

Course Name	Certified Sports Nutrition Coach (CSNC)		Course = 0.50 Carnegie Unit Credit
Course Description	Sports nutrition involves evaluating anatomy and physiology to optimize performance and recognizing the coach's role within their scope of practice. Coaches must be able to identify signs that require a medical referral and understand the energy and macronutrient needs of different athletes. Nutritional needs analysis, nutrient timing, and hydration strategies are key to supporting performance and recovery. Developing personalized dietary recommendations and implementing behavior change strategies are essential for improving adherence and enhancing overall performance.		
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.		
Schedule:	Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.		
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills			
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Outcomes
Performance Nutrition Profession			
Introduction to Performance Nutrition			<ol style="list-style-type: none"> 1. Differentiate performance nutrition from general and clinical nutrition strategies. 2. Describe nutrition as a strategy to influence athletic performance. 3. Evaluate components of nutrition programming using the Performance Nutrition: Hierarchy of Priority. 4. Identify the characteristics of an effective Sports Nutrition Coach.
Scope of Practice			<ol style="list-style-type: none"> 1. Differentiate performance nutrition from general and clinical nutrition strategies. 2. Define the scope of practice for the performance nutrition professional. 3. Identify professional expectations for Sports Nutrition Coaches. 4. Differentiate among adjacent health and fitness professions and the expectations and limitations of each. 5. Explain the consequences of violating scope of practice. 6. Determine when to refer athletes to another professional.

			7. Explain the relevance of evidence based practice to scope of practice.
Evidence-Informed Practice			<ol style="list-style-type: none"> 1. Recall foundational scientific research and methodology concepts relevant to performance nutrition. 2. Differentiate evidence-informed practice from evidence-based practice. 3. Determine high-quality and relevant sources of information to inform effective practice. 4. Perform a critical evaluation of studies and claims with regard to the relevance of performance nutrition and the individual athlete.
Understanding the Spectrum of Athletes and Performanc			<ol style="list-style-type: none"> 1. Identify where athletes exist within the spectrum of athlete type and needs. 2. Differentiate athletes based on type of sport and/or performance goals. 3. Analyze needs based on physiological, sociological, cultural, and ethical factors.
Metabolism and Energetics			
Essentials of Metabolism			<ol style="list-style-type: none"> 1. Describe energy balance and related concepts. 2. Explain aerobic metabolism. 3. Explain anaerobic metabolism. 4. Describe the interaction of aerobic and anaerobic metabolism, particularly in athletes.
Energetics of Performance			<ol style="list-style-type: none"> 1. Explain energy availability. 2. Explain energy balance versus energy availability. 3. Determine energy needs to optimize training adaptations and enhance recovery. 4. Determine fueling requirements for optimal performance.
Nutrients and Hydration			
Protein			<ol style="list-style-type: none"> 1. Explain the structure and function of protein. 2. Describe the digestion and absorption process of protein. 3. Explain the role and dietary guidelines of protein for athletes. 4. Describe methods for establishing protein requirements in a dietary program. 5. Explain key myths or hot topics related to protein.
Carbohydrates			<ol style="list-style-type: none"> 1. Explain the structure and function of carbohydrates. 2. Describe the digestion and absorption process of carbohydrates. 3. Explain the role and dietary guidelines of carbohydrates for athletes.

			<ol style="list-style-type: none"> 4. Describe methods for establishing carbohydrates requirements in a dietary program. 5. Explain key myths or hot topics related to carbohydrates.
Fat			<ol style="list-style-type: none"> 1. Explain the structure and function of fat. 2. Describe the digestion and absorption process of fat. 3. Explain the role and dietary guidelines of fat for athletes. 4. Describe methods for establishing fat requirements in a dietary program. 5. Explain key myths or hot topics related to fat.
Micronutrients			<ol style="list-style-type: none"> 1. Compare macro- and micronutrients and their differing roles in human metabolism. 2. Differentiate among water-soluble vitamins, fat-soluble vitamins, and minerals. 3. Identify common food sources for essential vitamins and minerals. 4. Describe general recommendations and considerations for incorporating micronutrients into an athlete's diet. 5. Summarize the role of supplementation diets for athletes who may require supplementation to meet nutrient needs. 6. Explain key myths and hot topics related to micronutrients.
Hydration			<ol style="list-style-type: none"> 1. Explain the compartmental aspects and shifts of water in the body following significant sweat losses. 2. Describe methods that can be used to help decrease excessive hypo- or hyperhydration for athletes. 3. Identify the strengths and weaknesses of common hydration status markers. 4. Explain key myths or hot topics related to hydration. 5. Communicate appropriate hydration strategies for during and between training bouts to athletes.
Performance Nutrition Strategies			
Periodization and Nutrient Timing			<ol style="list-style-type: none"> 1. Describe nutrient timing and periodization. 2. Explain the relevance of nutrient timing and periodization to the athlete. 3. Differentiate nutrition timing and periodization strategies based on the athlete and their goals. 4. Describe appropriate periodization and nutrient-timing strategies to optimize adaptations to training, enhance, recovery, and ensure optimal performance.

			<ol style="list-style-type: none"> 5. Apply nutrient timing strategies for the optimization of body composition and athletic performance. 6. Discuss the role periodization and nutrient timing play within an overall performance nutrition strategy. 7. Explain key myths and hot topics related to nutrient timing.
Body Composition			<ol style="list-style-type: none"> 1. Explain the relationships between body composition, athlete type, and performance. 2. Explain the relationships between energy balance, energy availability, and body composition. 3. Describe methods for assessing body composition and factors that influence body composition data. 4. Evaluate relevant body composition testing findings to inform coaching strategies.
Recovery			<ol style="list-style-type: none"> 1. Identify the three Rs of recovery and their relevance to performance nutrition. 2. Explain the importance of rehydration to an athlete's recovery and strategies to rehydrate. 3. Explain the importance of refueling to an athlete's recovery and strategies to refuel. 4. Explain the importance of muscular and tissue repair to an athlete's recovery and the mechanisms by which repair occurs.
Supporting the Ill/Injured Athlete			<ol style="list-style-type: none"> 1. Recall the limits of scope of practice with regard to supporting an ill or injured athlete. 2. Describe the role of nutrition in recovery and return to play. 3. Explain the various levels of appropriate support for illness and injury based on severity. 4. Determine when client referral is necessary and to whom to refer the client.
Supplementation			<ol style="list-style-type: none"> 1. Determine the athlete's nutrition priorities. 2. Explain a food-first approach for supporting an athlete's nutrition needs. 3. Evaluate the risks and benefits of common supplement options. 4. Assess the athlete's need for supplementation using a thorough decision-making process. 5. Identify the supplements appropriate to support an athlete's nutrition priorities and needs. 6. Identify appropriate application strategies for various supplements.

Putting Science into Practice

<p>Performance Nutrition Assessment and Evaluation</p>			<ol style="list-style-type: none"> 1. Identify pre-appointment data-gathering methods to determine an athlete's baseline status. 2. Explain various nutritional assessment methods and how to perform them. 3. Select appropriate nutritional assessment methods specific to an athlete based on pre-appointment data. 4. Apply appropriate body composition testing methods based on what is relevant, practical, and available. 5. Explain the importance of recording and reporting standardized assessment data.
<p>Fueling for the Work Required</p>			<ol style="list-style-type: none"> 1. Describe the concepts of fuel for training and performance, as well as the "fuel for the work required" concept. 2. Identify appropriate fueling sources and mixtures or combinations to optimize performance and recovery. 3. Explain timing strategies to optimize performance and recovery. 4. Determine appropriate dietary and supplement strategies to optimize fuel supply, stores, and use.
<p>Coaching Process/Approach</p>			<ol style="list-style-type: none"> 1. Identify barriers to behavior change, specialist diets, and their influence on adaptations to training, recovery, and athletic performance. 2. Describe aspects of psychology in relation to performance. 3. Apply goal-setting principles to maximize their effectiveness. 4. Apply appropriate levels of coaching and rapport-building strategies to elicit behavior change and increase compliance. 5. Communicate the various factors, benefits, risks, and challenges related to performance nutrition plans to athletes.
<p>Programming</p>			<ol style="list-style-type: none"> 1. Evaluate all findings from an athlete's needs analysis. 2. Design a nutrition intervention that addresses both optimal health and performance goals. 3. Determine the appropriate process to reevaluate and adapt to an athlete's progress.