



SPORTS NUTRITION WORKSHOP

Register Today!

RKTeamNutrition.net

Saturday – February 7, 2009
Cal State University, Northridge
Northridge Center Complex

PRESENTERS **MICHELLE ROCKWELL**
MS, RD, CSSD

& **SUSAN KUNDRAT**
MS, RD, CSSD

MORNING SESSION

8:00 am - 12:30 pm (Registration 7:30-8:00)

Sports Nutrition Playbook

A Comprehensive Overview of Optimal Nutrition for Athletes & Active Individuals

Topics

- Current topics in sports nutrition
- Sports medical nutrition therapy
- Disordered eating
- Sports nutrition tools
- Dietary supplements
- Practical tools and tips

AUDIENCE:

- Registered Dietitians and Nutritionists
- Students and interns
- Fitness and health professionals
- Coaches and athletes

WORKSHOP FEES:

- Students and interns: Morning: \$20 / All day: \$40
- Professionals: Morning: \$90 / All day: \$150

AFTERNOON SESSION

1:30 pm - 5:30 pm

SPORTS Practiced, DIETETICS Proven & TESTED

Topics

- Gaining experience in Sports Dietetics
- Strategies for working in the field
- Preparation for work as a Certified Specialist in Sports Dietetics (CSSD)
- Advanced Sports Dietetics work

WORKSHOP INCLUDES:

- Comprehensive sports nutrition manual
- CSSD manual and 150 practice questions (full-day participants)
- Fuel and hydration breaks
- Pre-approved for 7 CPE credits (full workshop) or 4 CPE credits (AM) for RDs

For more information and registration visit

RKTeamNutrition.net

Workshop Sponsors

