



**VERNER WHEELOCK  
ASSOCIATES**

# **RIPH DIPLOMA IN NUTRITION & HEALTH (SPORTS NUTRITION)**

## ***Course Summary***

Two day course certificated by the Royal Institute of Public Health

This course is designed to provide an in depth knowledge of the practical application of diet and healthy eating in sport for managers working in the health promotion, sport, leisure, hospitality and health & beauty industries.

## ***Entry Requirements***

All candidates must have already successfully completed the Diploma in Nutrition & Health (Nutrition & Health in the Community) and they can then go on to complete the Sport & Leisure specialist Paper 2 to receive a second Diploma qualification.

## ***Course Structure & Content***

- Body weight composition
- Fluid intake
- Effect of diet on sports performance
- The need for vitamins and minerals in the diet of the athlete
- Nutritional requirements for children
- Lifestyle interview
- Vegetarian sportsmen/women
- Diabetics
- Ergogenic aids

## ***Course fee***

£300 + VAT

## ***Your course fee includes:***

- Course binder and notes
- Lunch and refreshments
- RIPH examination fee and certificate

**Verner Wheelock Associates Ltd**

4, Stable Courtyard, Broughton Hall Business Park, Skipton, North Yorkshire, BD23 3AE  
Tel: + 44 (0) 1756 700802 Fax: + 44 (0) 1756 700807 Web: [www.vwa.co.uk](http://www.vwa.co.uk) E-Mail: [office@vwa.co.uk](mailto:office@vwa.co.uk)

## BOOKING FORM

<b>Course Title</b>	DIPLOMA IN NUTRITION & HEALTH (SPORTS NUTRITION)			<b>Code</b>	DNHS
<b>Venue</b>	Skipton			<b>Date(s)</b>	
<b>DELEGATE DETAILS</b>					
<b>Title</b>		<b>Forename</b>		<b>Surname</b>	
<b>Position</b>					
<b>Company</b>					
<b>Address</b>					
				<b>Postcode</b>	
<b>Telephone</b>				<b>Fax</b>	
<b>Email</b>				<b>Mobile</b>	
<b>Nature of business</b>					
<b>PAYMENT DETAILS</b>					
(Bookings are made and accepted subject to the terms and conditions below)					
<b>Total Payment</b> <small>(Course Fee + VAT)</small>				<b>Order No.</b>	
Please Invoice for the attention of:					
<b>Invoice Address</b>					
				<b>Postcode</b>	
Do you require accommodation? <small>(Tick as necessary)</small>	Yes	No		Shall we send an accommodation guide?	Yes No
Shall we book your accommodation?	Yes	No		Do you require disabled access?	Yes No
Please specify dietary requirements					

**Confirmation will be sent on receipt of this form and course information will follow approximately 2 weeks before the course.**

**The fee includes:**

Course refreshments, lunches, course folders, where applicable exam fees, and open learning materials for use during the course. Overnight accommodation is **NOT** included unless specified.

**Conditions of Booking**

Course fees are payable 14 days prior to the course.

Provisional bookings, valid for 5 working days, can be made by telephone or e-mail.

Once the booking form has been received by Verner Wheelock Associates Ltd, you are liable for payment.

If you are unable to attend you may substitute at any time but cancellations cannot normally be made.

See separate Terms & Conditions.

**I HAVE READ AND AGREE TO THE CONDITIONS OF BOOKING** Please mark X

Authorised signature \_\_\_\_\_

Name (printed) \_\_\_\_\_

Position \_\_\_\_\_

*Please note: It may be necessary, for reasons beyond our control, to alter the content, programme or course tutors.*

**FAX FORM TO +44(0) 1756 700807 E-MAIL FORM TO [office@vwa.co.uk](mailto:office@vwa.co.uk)**

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