Certificate of Nutrition and Physical Activity

GENERAL INFORMATION

Duration: 4 Weeks

Total Hours: 32 hours of blended learning (20 hours Face-to-Face / 12 hours eLearning)

Time:

- **Week 1:** Fri 1:00 PM – 9:00 PM & Sat 9:00 AM – 5:00 PM (16 hours In-Person)
- **Week 2:** Mon & Wed, 5:00 PM - 8:00 PM (6 hours Online)
- **Week 3:** Anytime (6 hours Asynchronous online)
- **Week 4:** Sat, 9:00 AM-1:00 PM (4 hours In-Person)

Fees: 800 BHD

Level: Postgraduate

Language: English

Pre-requisite: Basics in Nutritional Science

INSTRUCTORS BIOGRAPHY

Prof. Abdulaziz Al-Othman, Professor of Clinical Nutrition, Prince Sattam bin Abdulaziz University.

Prof. Mahmoudd Abulmeaty, Professor of Clinical Nutrition, King Saud University.

Dr. Nada Kozjek, Consultant of Olympic Medical Commission, Slovenia.

Dr. Ana Schwietert, Health and Nutrition Consultant Clinical Sports Nutritional Counselor, Slovenia.

Participants who successfully pass the final exam will be granted an ESPEN Lifelong Learning certificate in Nutrition and Physical Activity, which is accredited by the European Accreditation Council for Continuing Medical Education, providing 4 credits for medical specialists.

COURSE OVERVIEW

This course offers an advanced understanding of energy expenditure, energy balance, and how exercise influences food intake. It emphasizes the role of physical activity in managing chronic diseases and promoting health. Key topics include the nutritional needs of endurance and strength athletes, covering recommended calories, macronutrients, and micronutrients. Fluid and electrolyte balance will be explored in depth, alongside the types, benefits, and potential drawbacks of ergogenic aids.

TARGET AUDIENCE

- Current postgraduate Nutrition students
- Current postgraduate sports sciences students
- Postgraduate Nutrition and sports students from Gulf Cooperation Council Countries
- Faculty/staff interested in sports nutrition
- Professionals interested in sports nutrition (nutritionists and dieticians)
- Business/industry partners in the field of sports nutrition

LEARNING OUTCOMES

- Understand the concept of energy balance during physical activity.
- Identify individuals with risk relative energy deficiency in sport syndrome (RED-S).
- Apply the up-to-date recommendations in nutritional support of endurance and strength sports athletes.
- Apply physical activity as a tool for the management of chronic diseases
- Use the required amounts of fluids and drinks to maintain proper hydration status in athletes.

DELIVERY MODE

A total of 32 learning hours will be distributed as follows:

- 20 hours: Face to face classes
- 6 hours: Online classes
- 6 hours: Asynchronous online teaching

ASSESSMENTS

- Clinical scenarios (40%)
- Practical Assignment (30%)
- Final exam (30%)

COURSE OUTLINE

WEEK 1

- Energy Balance Regulation.
- Effects of Exercise on ad libitum Food Intake.
- Physical Activity in Chronic Diseases
- Clinical Scenarios
- Metabolic Changes during the Practice of endurance and Strength Sports
- Nutrition Requirement for Endurance and Strength Sports
- Clinical Scenarios

WEEK 2

- Fluid and Electrolyte Balance in Athletes
- Types, Composition, and Uses of Ergogenic Aids
- Clinical Scenarios

WEEK 3

- Independent Learning

WEEK 4

- Live ESPEN course on Topic 37: Nutrition and Physical Activity

“ The first two weeks will be dedicated to the Saudi Society for Clinical Nutrition (SSCN). The third week will focus on independent learning, allowing participants to deepen their understanding and enhance their skills by engaging with online resources, completing exercises, and taking virtual exams. The final week will feature a live ESPEN course on Nutrition and Physical Activity (Topic 37). In total, the course will last four weeks.

Participants will receive a certificate accredited by the University of Bahrain, the Saudi Society of Clinical Nutrition, and the National Health Regulatory Authority (NHRA) upon workshop completion, along with 25 Continuing Medical Education (CME) credits.

Scan the code
for Registration

For further Information, please contact:

Mr. Mohammed Al-Hooti
Tel:+973-33777339
Email: malhooti@uob.edu.bh

https://microcredentials.uob.edu.bh/