



IFBB PRO LEAGUE NUTRITIONIST CERTIFICATION

Week 1:

Athlete Needs Analysis & Energy Systems

Topics:

- 1.- Sport profiling
- 2.- ATP-PCr/glycolytic/oxidative systems
- 3.- Energy availability (EA)
- 4.- REDs

Week 2:

Carbohydrate for Training & Competition

Topics:

- 1.- Daily g/kg by load
- 2.- GI/fibre choices
- 3.- Gut training, intra-session fuelling

Week 3:

Protein, Recovery & Adaptation

Topics:

- 1.- Daily totals, per-meal dosing,
- 2.- Leucine threshold
- 3.- Sleep & recovery stack

Week 4:

Dietary Fats, Micronutrients & Athlete Health

Topics:

- 1.- Fat ranges, omega-3s
- 2.- Bone/immune health
- 3.- iron/B12/D/calcium, labs & food-first fixes



Week 5:

Hydration, Electrolytes & Environment

Topics:

- 1.- Sweat-rate testing
- 2.- Sodium losses
- 3.- Heat/cold/altitude adjustments
- 4.- Cramp myths vs facts

Week 6:

Nutrition Periodisation & Weight Management

Topics:

- 1.- Aligning intake to micro/meso cycles
- 2.- Carb periodisation
- 3.- Body-comp targets
- 4.- Safe cuts

Week 7:

Evidence-Based Supplementation & Anti-Doping

Topics:

- 1.- Proven ergogenics
- 2.- Protocols/side-effects
- 3.- Quality assurance
- 4.- WADA basics

Week 8:

Bodybuilding Fundamentals: Hypertrophy Nutrition

Topics

- 1.- Surplus sizing
- 2.- Protein distribution, carb timing
- 3.- Fibre/GI comfort, adherence.



Week 9:

Contest Prep: Cutting, Refeeds & Peak-Week Options

Topics:

- 1.- Weight-loss rates
- 2.- Lean-mass retention
- 3.- Diet breaks/refeeds
- 4.- Peak-week decision trees.

Week 10:

Show Week, Stage Day & Post-Show Recovery

Topics:

- 1.- Show-day fuelling/fluids
- 2.- Backstage logistics
- 3.- GI management
- 4.- Post-show normalisation
- 5.- Female-specific notes.

Week 11:

Hormone Physiology I

Topics:

- 1.-FSH and LH
- 2.-Hormone and metabolic interactions
- 3.-Common hormonal issues and how to solve them.

Week 12:

Hormone Physiology II

Topics:

- 1.- DHT and E2 levels importance
- 2.- Enzymatic interaction on hormone levels
- 3.- Health and competitive protocols



Week 13: Live seminars with surprise guest regarding bodybuilding and nutrition (2 sessions) (Non evaluative content)

Week 14: Live seminars with surprise guest regarding bodybuilding and nutrition (2 sessions) (Non evaluative content)