



Advisor's Preface

In the health and fitness field, gaining an edge in the most dominating area of health sciences today...sports nutrition can and does make the difference between average and elite athletes. The CSNA course offers you that extra edge by blending the scientific know-how with time tested-techniques in sports nutrition. But more importantly, it lays the foundation to the basic elements required in sports nutrition in crisp understandable language, and shows you how to apply the newly acquired information to effective and customized performance enhancement programs for anyone wishing to better their health status. This is one of the most exciting courses I have seen.

It's time to revolutionize the sports nutrition industry through a better understanding of the core principles behind this unique and exciting field of science. In order to gain an appreciation for performance nutrition and all the rewards that a performance enhanced lifestyle can offer, one must first have an understanding of functional anatomy as well as the biochemicals that control that machinery.

Module One

CSNA EXPERT ADVISORY BOARD

Module One offers impressive detail into the areas of physiology that encompass the muscular system, the cardiovascular system, the skeletal system, and the chemical messengers that relay to those cells and control their every function. It also explains the complex mystery behind how those cells in turn communicate through those messages.

The CSNA course is a plus for health professionals in every realm of the field from health food store retailers to fitness trainers, from athletes to the coaches who train them. Welcome to a new paradigm of understanding sports nutrition and the magnitude of health it offers. Whether you are a health science beginner, novice or expert you can't afford to ignore the ever-evolving science of human performance.

May you all find true health, happiness and longevity on your journey along with the satisfaction associated with conveying that experience to others.