



SPORTS NUTRITION LAB KIT

CERTIFICATE OF COMPLETION



Key areas addressed:

- 1) Nutrients
- 2) Nutrition to Enhance Performance
- 3) Body Weight, Body Composition and Body Fat
- 4) Food Labels
- 5) Safe Methods for Weight Loss and Weight Gain
- 6) Supplements
- 7) Substance Abuse

Student name

has successfully completed the Sports Nutrition curriculum

On

Date

From

Name of school/organization

Teacher signature