

## Nutrition Advancement

VIS Sports Dietitians will draw on their extensive experience and use real athlete stories to teach this information, combined with a variety of practical activities to engage the students.

Nutrition sessions include a presentation, a VIS facilities tour, conducted by a VIS athlete, followed by an athlete presentation.

Two modules will be offered as part of the Nutrition Advancement program:

**1. Performance Nutrition** – Years 7-10, these sessions will extend students’ understanding of basic nutrition to cover a range of curriculum areas including:

- the function and food sources of major nutrients important for health & wellbeing
- food selection models to promote healthy eating among youth eg. Australian Guide to Healthy Eating
- navigating nutritional panels on food products
- the importance of matching energy intake with energy requirements
- performance nutrition for different sports
- nutrition for post-exercise recovery.

**Term 2: Tuesday May 16, Term 3: Tuesday August 1, Term 4: Tuesday October 17**

**2. Sports Nutrition & Sports Medicine** – Students in VCE (Units 1-4), these sessions will extend student’s understanding of complex nutrition and sports medicine areas within the PE curriculum including:

- actual and perceived benefits and potential harms of legal and illegal substances and methods that enhance performance of the musculoskeletal system, such as nutritional supplements and hormones, blood doping etc.
- critically analyse the physiological effects of legal and illegal strategies that enhance the performance of the cardiovascular system on the individual
- the ethical and sociocultural considerations of legal and illegal practices associated with enhancing the performance of the musculoskeletal system in sport.
- fuels (chemical and food) required for resynthesis of ATP at rest and during physical activity
- nutritional and rehydration strategies including water, carbohydrate and protein replenishment to enhance recovery.

	Performance Nutrition (7-10)	Sports Nutrition & Sport Medicine (VCE)
10am	Dietitian Presentation & Activities	Sports Medicine
11am		Sports Nutrition
12pm	VIS Tour and BYO Lunch (group is to rotate through, 15-20minute tour)	
1pm	VIS Athlete Presentation	
Conclude at 2pm		

**Term 2 Dates: Tuesday May 23, Tuesday August 8**

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