

Program
Sports Nutrition

Day	Time	Location	Activity
Monday 12-06-2023	09.45 – 12.00	Verlengde groenestraat 75 Room Y0.01 	Theory: - Basics of Sports Nutrition - Physiology/Physical requirements - Anthropometry Assignment: - Nutritional analysis
	13.00 – 17.00		Theory: - Nutrition analysis - Interpretation sport specific guidelines - Sports nutritional products and supplements Assignment: - Work independently
Tuesday 13-06-2023	09.45 – 13.00	Kapittelweg 33 HAN SENECA 'DXA Room' and 'Beweeglab' 	In practice: - Ventilated hood demonstration (1-2 persons) - DXA scan (everyone) Theory / Assignment: - Report nutritional analysis - Report physical requirements
	13.00 – 17.00	Verlengde groenestraat 75 Room Y0.01	Assignment: - Work independently
Wednesday 14-06-2023	9.45 – 13.00	Verlengde groenestraat 75 Room Y0.01  You will be driven to Papendal from this location 	Theory / Assignment - Write nutritional advice - First draft end presentation Assignment - Work independently
	13.00 – 17.00	Papendal Arnhem	Excursion to Topsport centre Papendal in Arnhem. Guided tour through Topsport restaurant at Papendal
Thursday 15-06-2023	9.45 – 13.00	You will be picked up at the reception of your accommodation in Groesbeek 	Excursion to KNVB (Dutch Football Association) Tour around KNVB Campus. In practice: - Physical (lab) tests
	13.00 – 17.00	KNVB Zeist	End presentations and social drink

Map with important locations

