



**RASHTRIYA RAKSHA UNIVERSITY**  
An Institution of National Importance

Pioneering National Security and Police University of India  
Ministry of Home Affairs, Government of India

**MEET OUR EXPERTS**



**Rashmi Cherian**  
Co-Founder & Director of Wellness  
Vows Sports Nutrition Clinic



**Dr. Keren Harish Tiwari**  
Assistant Professor -Department of  
Sports Physiology & Nutrition,  
National Sports University



**Dilpreet kaur**  
Assistant Professor -Physical  
Education Sri Balaji University

**Course Fee**  
Rs. 1500/- (incl. all Taxes)

**Registration Link:**  
<https://rb.gy/6193hc>

or



Scan to Register

**CERTIFICATION IN  
SPORTS  
NUTRITION**

📅 16<sup>th</sup> to 21<sup>st</sup> September 2024

🕒 6:00PM to 7:30PM IST

- Online live classes by experts



**Organized by**



**SCHOOL OF PHYSICAL  
EDUCATION AND SPORTS**



**Sportal Corporate**  
**SPORTAL  
CORPORATE**

**COURSE COORDINATOR**

**Dr. Utsav Chaware**  
Assistant Professor  
School of Physical Education and Sports  
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## About the Rashtriya Raksha University

RRU, established by Act No. 31 of 2020, is an Institution of National Importance in India under the Ministry of Home Affairs. It aims to be a leading center for national security and police education, research, and training. The University fosters a professional environment with expert faculty and a global network to support India's vision of a peaceful and prosperous world, enhancing cooperation among security officers, military forces, diplomats, and civilians.

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## About the School of Physical Education & Sports



Established in 2017, the School of Physical Education and Sports (SPES) aims to enhance sports standards and train students for careers in security forces. It focuses on developing physical fitness—endurance, strength, speed, agility, and flexibility—as well as essential skills like marching and weapon handling. SPES also nurtures sports skills for those pursuing professional athletic careers, helping students excel in competitive exams and contribute to their university, state, and country.

## ABOUT SPORAL CORPORATE



Sporal Corporate came into existence in 2013 with an innovative idea from in-depth consciousness of a team of people who have spent their life in playing, then teaching, and now managing Physical Education and Sports Education Programmers all over the world. They cater customized Physical Education Program for Schools as per their need and as per New Education Policy. For Higher Education, They develop Sports Education Program as per the need of the Industry by following NEP. They are recognized by Startup India as Sports Promotor and registered under the Ministry of Micro, Small, and Medium Enterprises. Their Sports Education programs are developed by a well-experienced Physical Educationist, Sports Educators, and Sports entrepreneurs of India and around the Globe.



## COURSE DESCRIPTION

The Sports Nutrition certificate program will address the fundamentals underpinning nutrition planning for exercise and sports. The subjects covered in this course will assist athletes and coaches in determining the type of diet required to perform optimally in sports and exercise. This comprises the proper balance of carbohydrates, proteins, and fats for energy and muscle growth or maintenance, as well as the planning of diet regimens and the use of nutritional supplements. The learning modules will cover nutritional requirements for athletes and current beliefs on the relationship between food and performance in sports, exercise, and health.

## Who Should Enroll?

**Students:** Those pursuing any discipline with an interest in sports nutrition.

**Physical Education Teachers:** Educators looking to enhance their knowledge and teaching methods.

**Coaches:** Professionals seeking to optimize athletes' performance through diet.

**CAPF Personnel:** Members of the Central Armed Police Forces aiming to improve physical performance and health through tailored nutrition.

**Trainers:** Fitness and sports trainers wanting to deepen their understanding of nutrition to better support their clients and athletes.

**Fitness Enthusiasts:** Anyone involved in sports or physical activity looking to enrich their knowledge of nutrition.



## TOPICS TO BE COVERED

**MODULE I: Sports & Exercise Nutrition Fundamentals.**

**MODULE II: Macro & Micro – Nutrients.**

**MODULE III: Nutritional Factors Influencing Performance.**

**MODULE IV: Nutritional Requirements in Special Circumstances.**

**MODULE V: Applications of Nutrition.**

**MODULE VI: Food & Supplements.**

**MODULE VII: Quiz/ Extra Lecture / Submission of Assignment.**

