

CONTINUING EDUCATION PROGRAM

LEARNING CENTER FOUR- PSYCHOLOGY AND NUTRITION

(Must complete 1 CEU)

SOURCE	NAME
NFHS	Guide to Sports Nutrition (.2 CEU'S)
NFHS	Creating a Safe and Respectful Environment (.1 CEU)
NFHS	Sportsmanship (.1CEU)
NFHS	Teaching and Modeling Behavior (.1 CEU)
NFHS	Teaching Sport Skills (.1 CEU)

Practical Experience

Work as a Dietician or nutritional consultant to a team (.3 CEU'S)

Degree in sports psychology or nutrition (.5 CEU'S)

Write and article on sports psychology or nutrition for USAR-IP program (.1 CEU'S)

Resources

Coaches Guide to Sports Psychology-Rainer Martens-Human Kinetics

Nancy Clark's Sports Nutrition Guidebook- Nancy Clark-Human Kinetics

Performance Nutrition- K. Austin- Human Kinetics

