

FAQ ABOUT THE IOC DIPLOMA IN SPORTS NUTRITION

1. Who is eligible to register for the IOC Diploma in Sports Nutrition?

The IOC Diploma in Sports Nutrition is a postgraduate program. It assumes a good basic knowledge of human nutrition and metabolism, and some understanding of sport and exercise. Successful applicants will normally have an undergraduate degree or equivalent learning experience in dietetics, nutrition, biological sciences, medicine, or a related subject area. Other qualifications may be recognised. All applications are reviewed by an Admissions Board drawn from the members of the Academic Advisory Board.

The language of instruction will be English, and students whose native language is not English, or whose first degree was not undertaken in English, should provide evidence of competence in English, eg TOEFL at 500 or above, ILET6 at 6 or above, GCSE or equivalent in English language.

2. Who is certify/accrediting the IOC Diploma in Sports Nutrition?

The IOC Diploma in Sports Nutrition is awarded by the International Olympic Committee (www.olympic.org), as part of the program of the IOC Medical Commission. The Diploma program is awarded under the Academic oversight of an international Academic Advisory Board. The members of this Advisory Board will advise on matters of the academic standards of the IOC Diploma, including suitability of applicants, quality assurance of course contents, and the moderation of student assessment. More details about the Board Members can be found on the "Advisory Board" webpage of the IOC Diploma website (www.sportsoracle.com).

3. Why has the IOC Diploma in Sports Nutrition been established?

The goal of the IOC Diploma in Sports Nutrition is to make available an academic program to help the development of professionals who can support athletes by providing sound information about nutrition. The program is available at a global level, in conjunction with the premier organisations in sport, and will benefit from the input of an international group of experts in sports nutrition. The aim of the program is to work in harmony with academic institutions and professional bodies of nutrition and dietetics so that this opportunity can complement existing frameworks and help new opportunities in sports nutrition.

The terms "certify" and "accredit" have different meanings in different countries. In some countries, professional organisations have been formed to guide the training and practice of sports nutritionists and sports dietitians. These bodies often recognise courses that may be used by their members to gain or enhance their professional knowledge. Other bodies recognise individuals who have undertaken certain types of training or experience to reach a desired level of competency. Where these structures exist, we will approach these professional organisations to see how the IOC Diploma in Sports Nutrition can be used to complement or enhance the existing programs. We will also be happy to work with any organisations or groups that exist to promote the practice of sports nutrition.

The IOC cannot award degrees, but the content and level of the Diploma program are set to be equivalent to about two thirds of the content of a University MSc Degree program. So far, two Universities (one in the USA and one in the UK) have agreed to give prior learning credits equivalent to this to students who wish to convert the IOC Diploma to an MSc Degree. Several other leading Universities are in the process of recognising the program for this purpose.

Updated information on developments in these areas will be provided on the website of the IOC Diploma in Sports Nutrition.

4. How much time should a student put aside to undertake the IOC Diploma in Sports Nutrition?

The workload for the whole Diploma program has a nominal teaching and learning load of 1200 hours, spread over the two years of study. This corresponds to about two thirds of the workload normally required for completion of a University MSc program.

However, the time it takes to go through the e-lectures, to read the set literature, and to prepare assignments etc will vary greatly between individuals. It is obvious that some people can achieve a satisfactory performance with a considerably smaller investment of time, but others may need to – or may choose to - invest more.

Although there are some key dates by which assignments must be submitted throughout the program, students have considerable flexibility as to how they choose to distribute the workload.

5. How much does the program cost and how are the fees paid?

The course costs GB£2,200.00 per annum, so the total cost for the full course is GB£4,400.00 over the two years of the program. Fees can be paid in various ways.

Option A – Bank Transfer

1 x payment of GB£2,200.00 in December prior to the start of the first module
2 x payment of GB£1,150.00. One payment in December prior to starting the first module and the second payment by the 1st May.

Option B – Paypal

2 x payment of GB£1,150.00. One payment in December prior to starting the first module and the second payment by the 1st May.
4 x payment of GB£600.00. On payment due in December, the second one in February, the third one in May and the final one in August.

6. Modules Assignments and Exams

There are 10 modules for each year of study, with each module lasts one month, so the program runs from January-October each year. There are five assignments for each year, and these are due every second month. The kind of assignments vary from Posters Presentations, Abstracts, Critiques, Practical Communication Exercise and Research Paper Analysis. Assignments are submitted in electronic format by uploading them via the student area of the website. Feedback is delivered by email and by posting of materials on the website. Discussion of assignments on the web-based discussion board is encouraged.

There is one exam each year. This is emailed to you and you have 24 hours to complete and return it.

7. How are the lectures and other materials delivered?

Lectures consist of computer-based presentations by leading international experts and consist of a PowerPoint presentation with associated video and audio track. Lecture material is supplemented by a program of directed study, including review papers, original research publications, textbooks and athlete-oriented guidebooks. In the first few years of the program, lectures were delivered on CD, but we are moving to a web-based delivery platform to allow greater flexibility. Additional materials are posted on the program website.

8. Where does the residential course take place?

The workshop can take place anywhere in the world. To date there has been one in Chicago, USA (in 2006), one in Adelaide, Australia (in 2007), and one in Guangzhou, China (in 2008). The Chicago workshop was held in conjunction with the Chicago Marathon Medical Conference, the Adelaide workshop in conjunction with the Sports Medicine Australia annual

conference, and the Guangzhou workshop in association with the 2008 Pre-Olympic Scientific and Medical Congress.