

VIS ADVANCEMENT SERIES

NUTRITION

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.

Two types of sessions are offered as part of the Nutrition Advancement:

PERFORMANCE NUTRITION

For 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.

SPORTS NUTRITION & SPORTS MEDICINE

For VCE (Units 1-4), these sessions will extend students 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.



HOW TO BOOK

The VIS Advancement Series is FREE and only available for Victorian Government schools.

Booking requests can be made on the VIS website through our online booking system.

Click [HERE](#) to book.

SESSION DETAILS

Nutrition sessions run for 4 hours from 10am.

Session breakdown:

10am - VIS expert presentation and activities.

12pm - VIS Tour and BYO lunch

1pm - VIS athlete presentation

2pm - Ends

View availability via the online booking system.

