Garnet
Garnet Global Training Center

GGT-SP-120

Sports Management & Wellbeing

Sports Nutrition Fundamentals

أساسيات التغذية الرياضية

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Foundation**

Overview

Sports Nutrition Fundamentals gives newcomers and non-specialists a clear, practical grounding: the core concepts, the vocabulary used on the job and the first tools to apply them. Management programs for clubs, federations, venues and workplace wellbeing teams. You can join a public session in one of 20 cities or live online, in English or Arabic, or bring the course in-house with examples from your own operations.

What you will be able to do

- Explain the key concepts, terms and standards of Sports Nutrition Fundamentals.
- Read and use the documents, forms and data common in this field.
- Know when to escalate and who to involve.
- Communicate confidently with specialists and colleagues.
- Plan the next steps in your own learning.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. No prior experience is required; it also suits new hires, graduates and staff moving into this field.

Key topics

- Sport governance
- Commercial and sponsorship
- Venue operations
- Athlete development
- Fan engagement
- Health and wellbeing

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

WhatsApp: +971 56 674 7382

Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Introduction to Sports Nutrition Fundamentals
- Health and wellbeing
- Checklists and templates to take away

Day 2 Core concepts and terminology
- Sport governance
- Commercial and sponsorship

Day 3 Basic methods and tools
- Venue operations
- Group discussion and peer review

Day 4 Working safely and correctly
- Athlete development
- Measurement and reporting

Day 5 Practical exercises and review
- Fan engagement
- Hands-on workshop on a workplace challenge

10-day outline

Day 1 Introduction to Sports Nutrition Fundamentals
- Health and wellbeing
- Checklists and templates to take away

Day 2 Core concepts and terminology
- Sport governance
- Commercial and sponsorship

Day 3 Basic methods and tools
- Venue operations
- Group discussion and peer review

Day 4 Working safely and correctly
- Athlete development
- Measurement and reporting

Day 5 Practical exercises and review
- Fan engagement
- Hands-on workshop on a workplace challenge

Day 6 Advanced techniques and specialist practice
- Complex cases in depth
- Common mistakes and how to avoid them

Day 7 Digital tools, data and automation
- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice
- Global performance benchmarks
- Regional and international case studies

Day 9 Capstone project
- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates
- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
19–30 Apr 2027	10-day classroom	Casablanca	English	8,950
10–14 May 2027	5-day online	Live online	Arabic	2,950
20–24 Sep 2027	5-day classroom	Dubai	English	4,750
14–18 Nov 2027	5-day classroom	Amman	Arabic	4,750
1–5 May 2028	5-day classroom	Barcelona	English	4,750
12–23 Jun 2028	10-day online	Live online	English	5,450
7–11 Aug 2028	5-day classroom	Istanbul	English	4,750
11–22 Dec 2028	10-day classroom	Kuala Lumpur	English	8,950
15–19 Jan 2029	5-day online	Live online	Arabic	2,950
21–25 May 2029	5-day classroom	Barcelona	English	4,750

Dates	Format	City	Language	Fee (USD)
9–13 Jul 2029	5-day classroom	Istanbul	English	4,750
3–14 Dec 2029	10-day classroom	Dubai	English	8,950
13–24 May 2030	10-day online	Live online	English	5,450
17–21 Jun 2030	5-day classroom	Barcelona	English	4,750
2–6 Sep 2030	5-day classroom	Istanbul	English	4,750
11–22 Nov 2030	10-day classroom	Abu Dhabi	Arabic	8,950

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/