

TABLE OF CONTENTS

Outline of the SNCM[®]

The following is an outline of topics available within **Nutrition Care**:

Conditions

Athletes with an Impairment
Diabetes
Eating Disorders
Gastrointestinal Issues
Hydration
Rehabilitation from Injury or Surgery in Athletes
Vegetarian Athletes
Weight Management

Energy

Energy Systems
Energy Metabolism Overview
Substrate Utilization
Energy Metabolism in Sport
Nutrition-Related Fatigue in Sport

Equations

Basal Metabolic Rate (BMR)
Estimation of Energy Requirements
Total Daily Energy Expenditure (TDEE)
Sweat Rate Calculation Method
Skinfold Thickness Test
Girth Measurements

Lifecycle

Childhood
Collegiate
Aging

Nutrition Care for Athletes

Nutrition Assessment
Nutrition Diagnosis
Nutrition Intervention
Nutrition Monitoring and Evaluation
Nutrition Care FAQs

Nutrition FAQs for Clients

Fueling Sport
Health Concerns/Conditions
Hydration
Lifecycle Issues
Supplements
Vitamins and Minerals

Client Education Handouts

The **Client Education** section contains materials for the following topics:

Iron Deficiency in Athletes	SCAN Nutrition Fact Sheets	Type 2 Diabetes and Sport
Endurance Athletes	Sport-Specific Fueling Strategies	Weight Gain for Athletes
Older Adult Athletes	Strength Athletes	Weight Loss for Athletes
Rehabilitation from Injury or Surgery	Team Sport Athletes	

Resources

The following are topics available within **Resources**:

Board Certified as Specialist in Sports Dietetics (CSSD)	Nutrition and Athletic Performance Evidence Analysis Library Project	Sports Cardiovascular and Wellness Nutrition (SCAN)
SNCM® Contributors	Professional Resources for sports dietitians	USOC Sports Dietetics Assessment Form
Dietary Supplement Evaluation		

Find out more about NCM at www.nutritioncaremanual.org
or call 800/877-1600 ext. 5000.