

Guru Performance Institute

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GURU
PERFORMANCE
INSTITUTE

EXERCISE SCIENCE & PERFORMANCE NUTRITION SHORT COURSE PROGRAM: SHORT COURSE 1

CERTIFICATE OF COMPLETION

22.3.2018

THIS IS TO CERTIFY THAT

SEAN VANDER VEER

HAS COMPLETED THE FOLLOWING CPD COURSE:

‘Essentials of Sports Nutrition and Supplements’

**AS PART OF THE GURU PERFORMANCE INSTITUTE’S CONTINUING PROFESSIONAL
DEVELOPMENT (CPD) PROGRAM IN EXERCISE SCIENCE & PERFORMANCE NUTRITION**

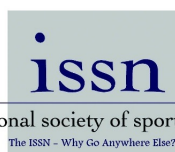
LECTURES SUCCESSFULLY COMPLETED:

- ‘Energy Systems’ - James Morton PhD
- ‘Muscle Structure, Function and Plasticity’ - James Morton PhD
- ‘Carbohydrates and Performance’ - Scott Robinson PhD SENr
- ‘Dietary Fats for Health, Performance, and Body Composition’ - Scott Robinson PhD R.SEN
- ‘Protein’ - Adrian Hodgson PhD
- ‘Creatine’ - Professor Craig Sale PhD
- ‘Caffeine’ - Professor Craig Sale PhD
- ‘Ergogenic Sports Supplements’ - Professor Craig Sale PhD
- ‘Functional Foods and Nutraceuticals’ - Adrian Hodgson PhD
- ‘Nutrient Timing’ - Laurent Bannock DProf(c) FISSN SENr

Laurent Bannock

DProf(c) MSc FISSN CSCS R.SEN

Director - The Guru Performance Institute



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The ISSN - Why Go Anywhere Else?™



Endorsed for CPD by

SENr

The Sport and Exercise Nutrition Register

BDA The Association
of UK Dietitians