

**COURSE: PC001**

#### SPONSOR

Eugen Laczó

#### LECTURER

Eugen Laczó

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

2 hours

#### PLACE

Conference room

#### DIFFICULTY



EduProSport  
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# Course about proper diet

## AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Assess the quality and quantity of sports nutrition with an emphasis on the timing in day mode. In additions hockey players will familiarize with the proper manners how to avoid fluid deficit during the day. An overview of the structure of rational nutrition, the way of supplementing vitamins and minerals, and also the use of moisturizing and toning drinks.

## COURSE OUTLINE

- Characteristics of macro and micro nutrients in the daily routine of hockey players (energy requirement, the structure of carbohydrates, fats, proteins, minerals and vitamins in day mode)
- Drinking regime as the basis for the proper functioning of the body (digestion and vitaminisation, drinking regime, fluid replacement during the day)

## WHO THE COURSE IS FOR

Coaches, parents, athletes

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/PC001](http://www.eduprosport.com/en/course/PC001)