



A Guide to Sports Nutrition

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A Guide to Sports Nutrition is **NEW** and **FREE** on **NFHSLearn.com**. Coaches, students and parents will learn how to better fuel for practice and athletic competitions. Unit one of the course features an interactive exercise to help select healthier options and underscores male and female specific issues surrounding nutrition.

The second unit of **A Guide to Sports Nutrition** provides an overview of dietary supplements and reinforces the no-drug policy of interscholastic athletics.

Provided FREE by **EAS Sports Nutrition®**



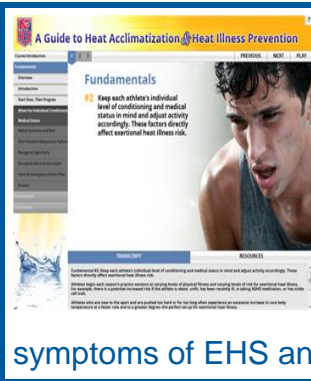
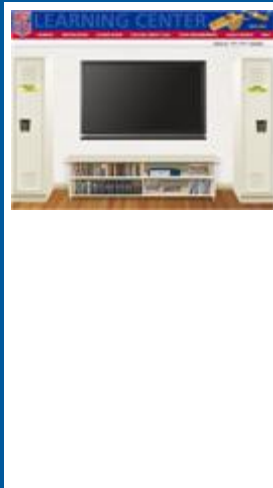
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Unit 1:
Nutrition
-General Nutrition
-Changing Eating Habits
-Special Diets & Issues

Unit 2:
Supplements
-Dietary Supplements
-Performance Enhancing Drugs
-Recreational Drugs

Printable Resources Included

[Full Outline Available in the Locker Room](#)



[A Guide to Heat Acclimatization & Heat Illness Prevention](#)

Exertional Heat Stroke (EHS) is the leading cause of preventable death in high school athletics. This **FREE** course, provided by **EAS Sports Nutrition®**, is designed to help coaches recognize the signs & symptoms of EHS and prevent heat related illnesses.



Eligibility Center

[NCAA Eligibility Center May Coaches Newsletter](#)

Inside find information on **[2point3.org](#)** - a website dedicated specifically to the new NCAA Division I academic requirements. Also inside, learn how to register students with the NCAA Eligibility Center, request final amateurism certification and send transcripts.

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