



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Apply Knowledge Of Diet And Nutrition To Improving Golf Performance Training

Culture and Arts / Sport

Unit Standard 120204 · NQF Level 5 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips golf professionals, coaches, and players with the knowledge and practical skills to apply diet and nutrition principles specifically to enhance golf performance. Learners will understand how macronutrients, micronutrients, hydration, and meal timing influence energy levels, focus, and recovery on the course. The course bridges sports nutrition science with the unique demands of golf, enabling participants to design personalised nutrition plans that improve endurance, concentration, and overall game performance.

Category	Culture and Arts
Subfield	Sport
Unit Standard	120204
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of sports nutrition to assess the dietary needs of golfers for improved energy management and performance.
- Analyse the impact of macronutrient and micronutrient intake on golf-specific physical and cognitive demands.
- Evaluate hydration strategies and meal timing to maintain focus and stamina during practice and competition.
- Design individualised nutrition plans that support training, recovery, and competition goals for golfers.
- Implement dietary interventions to address common performance issues such as fatigue, dehydration, and poor concentration.
- Demonstrate the ability to communicate nutrition advice effectively to golfers and coaching staff.

WHO SHOULD ATTEND

- This course is designed for golf coaches, personal trainers, sports nutritionists, and serious amateur or professional golfers seeking to optimise performance through evidence-based dietary strategies.
- It is also suitable for fitness professionals working with golfers who want to integrate nutrition advice into their training programmes.

COURSE OUTLINE

Day 1: Foundations of Nutrition and Golf Performance

- Introduction to sports nutrition principles
- Macronutrients: functions, sources, and recommended intake for golfers
- Micronutrients: key vitamins and minerals for golfers
- Energy balance: caloric intake vs. expenditure
- Hydration: fluid needs, signs of dehydration, and strategies

Day 2: Energy Systems and Fueling for Golf

- Energy systems overview and golf-specific demands
- Estimating energy needs for golfers
- Pre-round nutrition: meal timing and composition
- Mid-round fueling: snacks and hydration strategies
- Case studies: tournament vs. practice day nutrition

Day 3: Nutrition for Strength, Power, and Endurance

- Protein quality, quantity, and timing for golfers
- Carbohydrate periodisation for training and competition
- Healthy fats: sources and benefits for golfers
- Meal planning for strength and power phases
- Supplement considerations: creatine, beta-alanine, and others

Day 4: Micronutrients, Antioxidants, and Recovery

- Antioxidants: vitamins C, E, and phytochemicals
- Bone health: calcium, vitamin D, and golf-specific stress
- Iron and zinc: importance for oxygen transport and immune function
- Post-exercise recovery: nutrient timing and composition
- Recovery supplements: protein, BCAAs, tart cherry juice

Day 5: Weight Management and Body Composition for Golf

- Body composition assessment: skinfolds, bioelectrical impedance, DEXA
- Energy availability and relative energy deficiency in sport (RED-S)
- Nutrition for weight loss: caloric deficit strategies without performance loss
- Nutrition for muscle gain: surplus and resistance training
- Psychological aspects of body image and eating behaviours

Day 6: Practical Application: Meal Planning and Supplementation

- Meal planning templates and portion control
- Reading food labels and making healthy choices
- Sports supplements: evidence-based recommendations
- Hydration plans for hot and humid conditions
- Tournament week nutrition: from travel to final round

Day 7: Integration, Evaluation, and Future Trends

- Putting it all together: nutrition periodisation for the golf season
- Self-assessment of dietary intake and goal setting
- Emerging trends: nutrigenomics, probiotics, and time-restricted feeding
- Case study presentations and peer feedback

- Course review and certification requirements

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 29,600.00	R 29,600.00
1	In-House	R 38,500.00	R 38,500.00
1	On-Campus (Pretoria)	R 44,400.00	R 44,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Aug 2026	17 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	18 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	19 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	20 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	20 Aug 2026	On-Campus	Mauritius
13 Aug 2026	21 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	24 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	25 Aug 2026	On-Campus	Abu Dhabi, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 120204) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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