## 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:

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<tr>
<th>Topic</th>
<th>Resources</th>
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<tr>
<td>Iron Deficiency in Athletes</td>
<td>SCAN Nutrition Fact Sheets</td>
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<tr>
<td>Endurance Athletes</td>
<td>Sport-Specific Fueling Strategies</td>
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<td>Older Adult Athletes</td>
<td>Strength Athletes</td>
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<td>Rehabilitation from Injury or Surgery</td>
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<td>Type 2 Diabetes and Sport</td>
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<td>Weight Gain for Athletes</td>
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<td>Weight Loss for Athletes</td>
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## Resources

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

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<th>Resource</th>
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<tr>
<td>Board Certified as Specialist in Sports Dietetics (CSSD)</td>
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<td>SNCM® Contributors</td>
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<tr>
<td>Dietary Supplement Evaluation</td>
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<td>Nutrition and Athletic Performance Evidence Analysis Library Project</td>
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<td>Professional Resources for sports dietitians</td>
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<td>Sports Cardiovascular and Wellness Nutrition (SCAN)</td>
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<td>USOC Sports Dietetics Assessment Form</td>
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Find out more about NCM at [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org) or call 800/877-1600 ext. 5000.