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**Other ingredients:** The Nature of Strength, The Eight Technologies of Training, Matching Training Technology to Training Objectives, References, and Glossary.

# ENROLLMENT APPLICATION

## Student Information

Name \_\_\_\_\_ date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ day \_\_\_\_\_ eve \_\_\_\_\_

Email \_\_\_\_\_

Organization \_\_\_\_\_

How did you hear about ISSA? \_\_\_\_\_

## Cost of the Program

Course Materials and Tuition \$550.00\*  
Shipping & Handling \$20.00\*

*Group discounts are available. Call for details.*

## Payment Information

Money Order  Check# \_\_\_\_\_

VISA  MasterCard  Discover  American Express

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_ Total to be charged to card \_\_\_\_\_

Cardholder \_\_\_\_\_

Signature \_\_\_\_\_

## Complete and Return to

**ISSA**  
**1015 Mark Avenue**  
**Carpinteria, CA 93013**  
Fax: 805.745.8119

\* All prices are in US dollars and are subject to change without notice. The \$20 shipping and handling fee applies to the continental US only. For all other areas, please call 805.745.8111 for exact shipping cost. Refunds granted within 30 days of date of purchase by written request, provided that all course materials are still in new condition. A \$50.00 administrative fee plus shipping costs will be deducted from all refunds. The cost of materials will also be deducted if materials are damaged or written in.



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*“The SPN is so detailed and usable ... Go for it and your knowledge will increase 100-fold!”*

JR Smith, Certified Specialist in Performance Nutrition  
Somerset, KY



## SPECIALIST IN PERFORMANCE NUTRITION



**EAT.** A good exercise program is only half the story. Equally important is proper nutrition. The Specialist in Performance Nutrition program provides important insights into digestion and absorption, metabolism and body composition, eating to enhance athletic performance, and knowing when to eat as well as what to eat.

**DRINK.** The Specialist in Performance Nutrition curriculum explains the importance of water, oxygen, and lipids, and gives guidance on how to construct good nutritional programs for individuals, taking into account age, height, weight, gender, and lifestyle.

**SUPPLEMENT.** The SPN program offers a comprehensive overview of all nutrients vital to performance. The curriculum explains why supplements are needed, who should take them, how supplements interact with body chemistry, and how they enhance athletic performance.

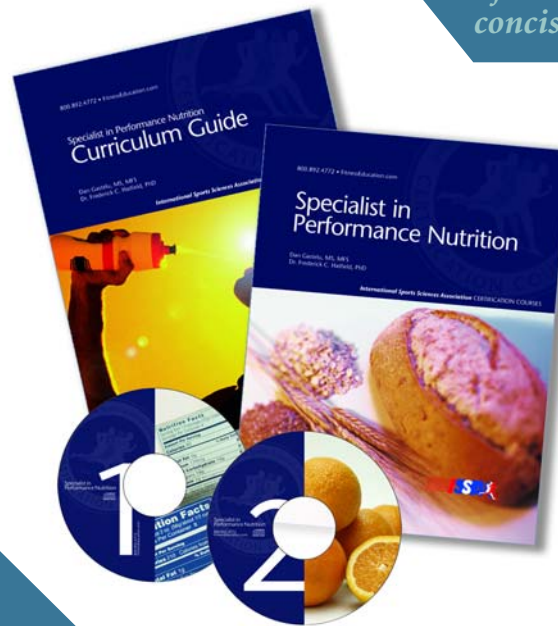
*The ISSA is proud to offer the most expansive program in Performance Nutrition. All you need to know in one concise, easy-to-understand certification course.*

BECOME A CERTIFIED  
SPECIALIST IN PERFORMANCE NUTRITION.



ISSA's Specialist in Performance Nutrition (SPN) certification program was developed to meet the tremendous demands placed on fitness professionals in the specialized area of nutrition. As a personal trainer, you can vastly accelerate the positive effects of exercise by combining good workouts with good nutrition. Designed by some of the most well-respected authorities in the health and fitness industry, ISSA's Specialist in Performance Nutrition program gives you the tools you need to get the results your clients want.

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### How is the program structured?

ISSA's SPN certification course is an independent study program. Everything you need to know about performance nutrition is contained in the materials provided. You complete the course at your own pace! ISSA also provides you with access to our toll-free technical and educational support line. If you have any questions about any topic in the course material, just give us a call. This invaluable support and assistance is available to you while you study, and even after you become certified!

### How do I complete the course?

Your independent study examination is included in the SPN package. Complete the examination when you feel comfortable with the course material. When you pass the exam, you will receive certification. It's that simple!\*

The cost of certification, including the course textbook, curriculum guide, 2 supplementation audio CDs, testing, access to our trainer resources, and on-going educational support, is \$550. There are no hidden fees!

*\* Please note: valid adult CPR certification is a prerequisite for all ISSA certifications. Please call 800.892.4772 with questions.*

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