

# Pakistan Olympic Association

## PRESIDENT

Lt Gen (Retd)  
Syed Arif Hasan HI(M)



## SECRETARY GENERAL

Muhammad Khalid Mahmood  
Cell : +92-300-9462502

POA-567/OS/034  
14 December 2022

### Secretary Generals

National Sports Federation  
Affiliated with POA

### IOC Diploma in Sports Nutrition (Distance Learning on a part-time basis) Feb 2023 – Nov 2024

Dear Madam/ Sir,

I am delighted to inform that IOC Olympic Solidarity is once again offering NOCs the opportunity to nominate candidates for a scholarship, supporting their participation in the online course for IOC Diploma in Sports Nutrition. The Diploma course is offered by Distance Learning on a part-time basis, and takes two years to complete.

In addition to the coursework contained in modules, students will have the opportunity to participate in a residential course consisting of an international meeting, seminars and tutorials. Upon successful completion of all elements of the program, students are eligible to graduate with an IOC Diploma in Sports Nutrition.

Lectures will consist of computer-based presentations with audio and video, and will incorporate self-assessment and interactive elements where appropriate. Students will be provided with a comprehensive portfolio of reading material in electronic format. Core course textbooks and a subscription to the International Journal of Sports Nutrition and Exercise Metabolism will also be provided to all students as part of the registration fee.

### Eligibility

Students enrolling for this course will normally be in possession of a University degree at the prescribed standard in:

- Nutrition or Dietetics
- Biological Sciences, including Biochemistry, Physiology, Sports Science
- Medicine

The language of instruction will be English, and students whose native language is not English should provide evidence of competence in English, eg TOEFL at 500 or above, IELTS at 6 or above, GCSE or equivalent in English language. The following list contains the main English language qualifications which are acceptable pre-requisites for entry onto the Diploma Program. Other English Language Qualifications held by applicants will be considered on a case-by-case basis by the Program Directors or Academic Advisory Board:

- English as first language or successful completion of High School and/or Degree Level Education in English Language

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- UK based O-level, GCSE or Standard Grade English Language – Grade C or above.
- International GCSE English as a Second Language – Grade C or above.
- International Baccalaureate (IB): Grade 4 minimum in English Language
- IELTS band 6 or above, provided that no individual band score is less than 6
- TOEFL (including the Tests in Written and Spoken Practice), minimum score of 500 (paper-based test), 213 (computer-based test) or 94 (internet-based test)
- Test in English for Educational Purposes (TEEP) – Grade 3
- Oxford Certificate of English as a Foreign Language at Higher Level
- University of London – School Examinations Board Certificate of Attainment in English, grade 5
- Passes in the Cambridge Higher School Certificate at Subsidiary level or in the Cambridge Overseas School Certificate count as O levels
- TOEIC with a minimum overall score of 500

If you are interested, please nominate a suitable candidate on the **attached** Registration Form and Application Form for Olympic Scholarship along with updated CV, copy of CNIC and copies of all necessary degrees/ diplomas /documents latest by 31 December 2022.

Thanks for your understanding and cooperation.

Best regards,

**Muhammad Khalid Mahmood**  
Secretary General  
Pakistan Olympic Association

### Copy to:-

- Lt Gen (R) Syed Arif Hasan HI (M), President Pakistan Olympic Association.
- Assistant Manager Media & Marketing POA for uploading on POA Website.
- Master File.