

Selected Topics in Diets and Fat Metabolism

Get Your Facts Right on Fats, Keto, Fasted Cardio and Intermittent Fasting

Course Overview

As the population becomes obsessed with weight loss, any conversation on 'fat' or 'metabolism' grabs attention, however, how much do we really understand about the complexities of the fats we eat and how they metabolized within the body? How about the emerging 'keto-everything' trend and Intermittent fasting? Are they safe, effective and even sustainable? Put aside the marketing claims and let's dig down to understand the science behind ketones, ketogenic diets, intermittent fasting, and fasted cardio – do they work?

Course Objectives

- Review the metabolic pathways of fats as a fuel in the body.
- Provide an overview of key regulatory hormones and enzymes that control storage, delivery and utilization of fats during stress responses.
- Describe what ketogenic dieting and intermittent fasting
- Explain the benefits and potential risks of each.
- Discuss the research surrounding each intervention

Course Educator

Fabio Comana, M.A., M.S.,

NASM CPT, CES & PES; NSCA CSCS; ACE-CPT & HC; ACSM EP-C; USAW1; CISSN

SDSU and NASM faculty, and medical advisor board member / scientific advisor for OrangeTheory, Core Health and Fitness, Caloric Responsibility and FEA, Asia . He also works with several international agencies to build fitness throughout Asia. Previously, with ACE, he was the original creator of ACE's IFT™ model and their live educational workshops. Other prior experiences include Division I collegiate head coach and strength-conditioning coach; opening/managing clubs for Club One, and president of Genesis Wellness Consulting. He is an award-winning national and international presenter; media spokesperson and accomplished author.

Pre-requisite

This course is designed for fitness professionals. Basic fitness instructing/personal training certification and exercise science is recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

0.3 ACE CEC Points (pending)

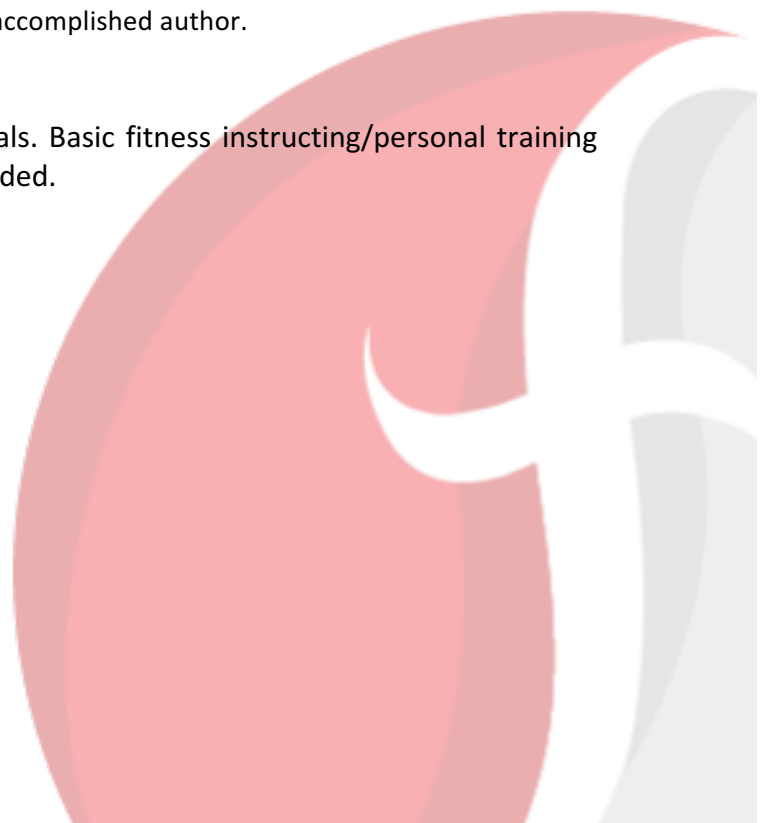
Course Duration

3 hours

Learning Materials

Electronic Materials

Fitness Edutraining Asia (FEA)



Award

Upon full attendance and completion of this online workshop/course, you will be awarded an e-certificate of Workshop/Course completion. If you would like to opt for physical certificate, courier fees will be applied.

Grading Criteria

N/A

Recertification

N/A

Exam Fee

N/A

Dress Code

N/A

What Do I Need to Bring?

Laptop is highly recommended

Course Platform

Zoom/Google Drive

Language

English

Information displayed above is correct during time of publishing and may subject to change without prior notice

