

## **Become An ISSA NUTRITIONIST!**

The most comprehensive approach to understanding why people eat the way they do, and the systematic tools to drive change. Become the ultimate authority for your client's fitness and nutrition needs.

## **Why Specialize As A Nutritionist?**

Great personal trainers know you can't out-exercise a bad diet. This means clients need nutrition advice. If they don't get tips on what to eat from you, they'll turn elsewhere. This could be to another professional or online and questionable resources.

When you specialize as a Nutritionist, you offer an additional service to existing clients. This means you can increase your rates AND have a new, standalone service offering.

A Nutritionist Specialization is the answer if you want to:

- Make more money
- Add status to your resume
- Deliver online nutrition services - *anywhere*
- Perfect your own nutrition program

## **What Will I Learn As An ISSA Nutritionist?**

The ISSA Nutritionist course teaches the science of food intake PLUS a deep dive into the mental aspects involved in client behavior change. You will learn how to use food as fuel and the psychological strategies in food selection and habits. Master the art of creating personalized nutrition programs even in a world of diet trends.

## **In ISSA Nutritionist, You'll Learn:**

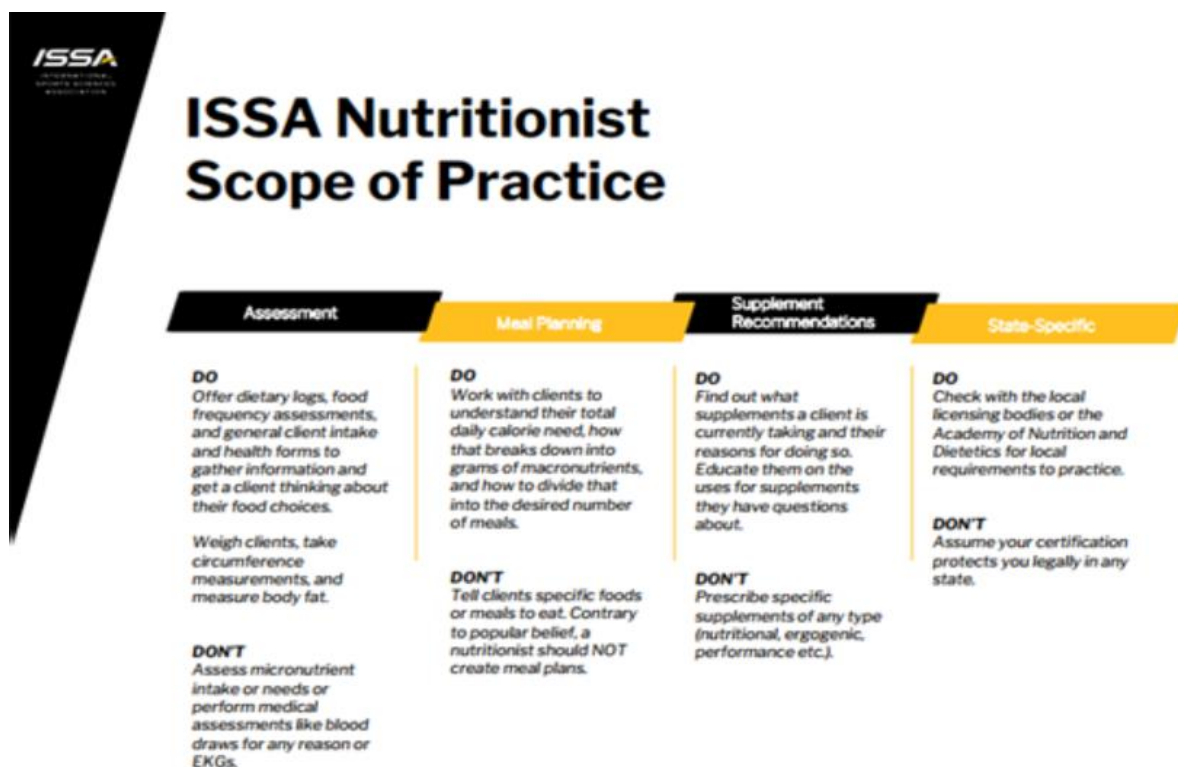
- Macronutrients and Micronutrients
- Lifestyle Changes and Strategies
- Client Assessments and Goal Setting
- Product Labels and Claims
- Dietary Guidelines and Applications
- Trending Diets and Myths
- Supplementation
- Business of Nutrition Coaching

As an ISSA Nutritionist, you'll make a lasting difference in your clients' lives and get the most out of your nutrition training. You will master the art of creating personalized nutrition programs even in a world of varying diet trends.

*About the International Sports Science Association (ISSA): Since, 1988, The ISSA is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. Founded by leading fitness researchers, PhDs and elite practitioners, the ISSA now offers 24 fitness certifications and has certified over 400,000 trainers in 174 countries.*

## Who Are ISSA Nutritionist?

ISSA Nutritionists have a passion for improving the quality of their clients' lives beyond the gym walls. Knowing how the body metabolizes food for fuel, muscle development and fat loss — ISSA Nutritionists provide clients with direction to see inspirational results. ISSA Nutritionists bridge the gap between clients knowing WHAT to eat but not HOW to make those choices daily. This is an ISSA Nutritionist in action.



## What's Included with the ISSA Nutritionist Course?

- ISSA Nutritionist Textbook (Downloadable & Printable). Table of Contents at the end of this Course Description.
- Practice Exam and Section Quizzes
- Library of client forms
- Online and Home Study Exam
- Online Student Forum
- Free Professional Website
- Unlimited Educational Support
- Nutritionist Education Bootcamp

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## Frequently Asked Questions:

1. Pre-requisite?  
Must be 18 year old and have proof of current CPR/AED certification
2. What is required to get my certificate?  
You must meet the following:
  - Submission of all course quizzes
  - a score of 75% or better on all sections of the final examination: 100 Multiple Choice, 6 Essay Questions, Untimed/Open Book Exam. 1 FREE Retest included.
  - Proof of current Adult CPR/AED certificate
3. Is there any deadline for the exam?  
You must take the exam within 8 months or you will have to pay a \$10 a month extension fee (up to four). After certified, you can still visit the course materials as long as you have an account with ISSA.
4. What happens if I fail my examination?  
If you fail any portion of your Examination, you will be offered the opportunity to resubmit that portion of the examination, free of charge. (This is known as your second attempt at the examination.) Each retest beyond the second attempt (e.g., third attempt, fourth attempt, etc.) will incur an administrative fee.
5. Is there are an expiry date for the certification?  
ISSA trainers are required to renew their certification every 2 years. This process consists of a renewal fee, updated CPR/AED certification, and documentation stating the completion of 20 Continuing Education Units (CEUs). (Please note, fulfillment of this specification is required of trainers only after they have received certification through ISSA. CEUs are not a prerequisite to receiving certification.)  
  
All ISSA Professional Trainers maintain their professional status by:
  - Submission of the CE Report Form and accompanying documentation of acceptable CE hours completed during the previous 2-year certification cycle. These documents can be uploaded online at: [ISSAtrainer.com](http://ISSAtrainer.com), under My Account.
  - Proof of a valid Basic Adult CPR/AED certification.
  - Payment of renewal fees.
6. Renewal Fee
  - \$0 if all 20 CEU credits are obtained through ISSA
  - \$99 if CEU credits were earned outside of ISSA
  - Late Fees: \$40 (3 - 6 months late), \$50 (6 - 12 months late)
  - All renewal fees are non-refundable
7. Table of Contents for ISSA Nutritionist Textbook

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

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## **European Register of Exercise Professionals**

This is an EREPS Approved Training Course - 10 LLP Points

EREPS is a fully independent register of instructors, trainers and teachers working in the European fitness and physical activity sector.

EREPS recognizes the qualifications and skills of fitness professionals, as an important assurance for consumers and employers. Our ultimate goal is to make sure that every instructor, trainer and teacher in Europe holds the appropriate qualification(s) to ensure that people can work out safely and effectively.