

Health & Fitness Nutrition (Level 1)

Help Your Clients Eat Better for Health and to Perform Better

Course Overview

What is the difference between brown rice and white rice? Should I do intermittent fasting? Which cooking oil is the best?

Are these common nutrition questions you get from your clients? Are you stumped when clients start asking you about their diet? If you've answered yes to one of these questions, then this is the course you are looking for! With the ease of the internet, it is not difficult to get an abundance of information. However, we can make this information relevant to you as a fitness professional. Understand nutrients on a deeper level, translate nutritional guidelines into what your clients should be eating, and discover strategies to adopt healthy eating habits. You will find yourself confident to review your clients' diet and educate them to make better food choices.

Course Highlights

- Nutrition made simple and applicable – forget about complex science and just know the 'What-Why-How Much-Which to Choose' about nutrients.
- 'What should I eat? Can I eat this?' Answer your clients' top question for their personal trainers by learning how to analyse and compare food.
- Learn to conduct supermarket tour for your clients so you move nutrition education out of the gym and make it more engaging
- D.I.E.T Step by Step Nutrition Coaching
- Develop nutrition educational content on social media to position yourself as an all-rounded Fitness Professional

Why Should You Consider This Course?

- Provide scientifically supported, practical and relevant nutrition advice to your clients while staying within your scope of practice as a fitness professional
- Develop the knowledge needed to integrate the science of nutrition into answering clients' commonly asked nutrition questions
- Helping fitness professionals to address common clients' nutrition issues and hence adding value to their professionalism

What Are The Topics Covered in Live class?

Onsite Live:-	Online Live (Zoom):-
Day 1 <ul style="list-style-type: none"> • Nutrition scope of practice • Healthy food choices • Grocery store tour Day 2 <ul style="list-style-type: none"> • Communication and education tools • Nutrition program development 	Session: <ol style="list-style-type: none"> 1. Food swap: Which food is better? 2. Calculating your energy and nutrient requirement 3. Effective ways of using a food tracker app

<ul style="list-style-type: none"> • Marketing your specialty to potential clients 	<p>4. How to speak to your clients about making dietary changes?</p>
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Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This course designed for fitness professionals who wish to learn about nutrition to help clients make better food choices in order to achieve their health & fitness goals. Basic fitness instructing/personal training certification is recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 1.2 CECs, NASM 1.2 CEUs

Course Duration

12 hours (2 days), Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live class (Explanation and Application of Science, Concepts & Guidelines)

Learning Materials

Recorded Videos in Google Classroom, handouts, course manual and/or presentation slides

Awards

Upon full attendance, completion of this workshop/course and meeting the grading criteria, you will be awarded a Certificate of Workshop/Course completion of Health & Fitness Nutrition by FEA.

Grading Criteria

100 multiple-choice questions; passing score $\geq 80\%$, 3 attempts within 90 days after live course completion, e-cert of Health & Fitness Nutrition will be auto generated

Recertification

N/A

Exam Fee

Included in course fees

Dress Code

Casual

What Do I Need To Bring/ Prepare?

Fitness Edutraining Asia (FEA)

Stationery, Laptop (Onsite) or Laptop/ computer with camera access and mic function (Online)

Course Capacity

A minimum of 12 pax and a maximum of 20 pax

Language

English, Mandarin

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