

## Health & Fitness Nutrition (Level 1)

Help Your Clients Eat Better for Health and to Perform Better

### Course Overview

As a fitness professional, you have a unique opportunity to positively impact your clients' lives by providing sound nutrition education and coaching. Our course will equip you with the knowledge and skills you need to deliver scientifically supported, practical, and relevant nutrition guidance, all while staying within the scope of your practice. With our course, you will gain the skills and knowledge you need to confidently integrate the science of nutrition into educating and empowering clients in nutrition practices while answering your clients' most commonly asked question. By addressing your clients' nutrition issues head-on, you will be adding immense value to your professional services, distinguishing yourself from competitors, and building long-term client loyalty.

### Course Highlights

- Delve into the captivating and intricate world of food and nutrients, unravelling the complex scientific principles that govern their roles in promoting optimal health and wellness.
- Understand established nutritional intake recommendations to ascertain whether you are receiving adequate supply of essential nutrition that your body requires to function optimally.
- Decipher the truth behind food and its nutritional value, enabling you to confidently differentiate between marketing ploys, evidence-based science and unsubstantiated myth, empowering your clients to make informed decisions on food choices.
- Introducing the D.I.E.T step-by-step nutrition coaching model that is designed to collaboratively engage with clients in a problem-solving process that drives sustainable dietary habit changes.
- Evaluating popular diets based on the 4S framework – which involves assessing whether they can deliver on their claims, is there evidence-based research to support them and whether they're worth trying.
- Learn to conduct assessment of the safety and effectiveness of fitness supplements and gain valuable insights of their potential benefits and drawbacks.

### What Are The Topics Covered in Live class?

- Scope of practice
- Common client's goal and expectations
- What is healthy eating?
- Energy balance
- Macronutrients & Micronutrients
- Carbohydrates
  - Classifications of carbohydrates
  - Fate of carbohydrates
  - Daily intake requirement
  - Starch: Amylose and Amylopectin

- Glycemic Index and Glycemic Load
  - Fiber
  - Is sugar bad?
  - Sugar alternatives
  - Carbohydrate intolerances
- Fat
  - Classifications of fats
  - Daily intake requirement
  - Saturated fat and heart disease
  - Meat and cancer
  - Meat and environmental issues
  - Trans-fat
  - Omega-3 and Omega-6
  - Cholesterol
- Protein
  - Classifications of protein
  - Daily Intake requirement
  - Protein quantity vs protein timing
  - Essential Amino Acids
  - Branched Chain Amino Acids (BCAA)
  - DIAAS vs PDCAAS
  - Protein for Vegan
  - Pre- and Post-workout protein
  - Protein supplementation
- Nutrition coaching
  - Assessment
  - Evaluation
  - Strategies
- Nutrition education tools
  - Food label reading
  - Supermarket tour
  - Food tracking app
- Popular diets and fitness supplements evaluation

### 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

Onsite Live: 12 hours (2 days) or Online Live: 8 Hours (4 sessions), 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  $\geq 70\%$ , 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?

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