

## FEA Nutrition Coaching for Fitness Practitioners

Live Workshop for FEA Certified Exercise Nutrition Specialist Certification

### Course Overview

Nutrition and coaching healthy eating is a complex and multifaceted challenge, but what if you had evidence-based principles and practical applications to successfully guide clients to transform their lives through the power of informed nutrition?

This 2-day live workshop covers foundational nutrition and coaching principles, highlights from the certification course, and provides numerous practical takeaways to set every health-and-fitness professional along the path to becoming a great nutritional coach.

It acts as a stepping stone to earn the FEA Certified Exercise Nutrition Specialist certification which is the first, comprehensive nutrition credential in Asia to develop the necessary knowledge, skills, and abilities that enables practitioners to effectively shape and guide healthier eating behaviours and weight management.

### Course objectives

- Align scope of practice with evidence-based nutritional science and practice.
- Explore nutritional science principles, unraveling the connection between nutrients and human physiology.
- Conduct a symphony of coaching, communication, and behavioral mastery for lasting client impact.
- Improve your ability to assess and use self-awareness strategies, becoming a skilled nutrition coach for personalized guidance.
- Apply theoretical knowledge in real-life situations, effectively navigating the practical challenges of nutritional coaching.

### What Are The Topics Covered?

- Scope of Practice and Evidence-based Science
- Principles of Nutritional Science
- Nutrition and Human Physiology
- Coaching, Communication and Behavioral Change
- Nutrition Assessments and Self-Awareness Strategies
- Real World Applications

### Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals
- Health Coaches
- Health Care Professionals

**Pre-requisite**

This course is designed for individuals who wish to learn about nutrition to help clients make better food choices to achieve their health & fitness goals. Basic coaching certification is recommended.

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 1.6

**Course Duration**

2 days

**Learning Materials**

Course handouts

**Grading Criteria**

Completion of course participation and assignment(s)

**Awards**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

**Recertification**

N/A

**Exam Fee**

N/A

**Language**

English

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