

FEA Exercise Nutrition

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 Objective

1. Understanding the 'What' and 'Why' of Nutrition:
 - Develop a profound grasp of nutrition science, evidence-based practices, and guidelines, establishing yourself as an industry expert
2. Mastering the 'How' – Nutrition Coaching Skills:
 - Equip yourself with practical skills to improve client's eating habits based on general evidence based non-medical nutritional practices, aligning with their individual goals, preferences and challenges

Course Highlight

1. Engaging and applicable learning that brings the science of nutrition to life
2. Gain insights into how food transforms into energy and discover how the human body expends this energy
3. Explore food choices tailored for health, fitness, fat loss and team sports.
4. Real-world problem solving case studies to improve food choices based on clients' unique goals
5. Learn the art of coaching difficult clients and transforming them into motivated success stories

What Are The Topics Covered in Live class?

- Scope of practice
- Definition of food, nutrition and healthy eating
- Energy system and energy balance
- Macronutrient science (what, why, how much and which?)
- Goal-based nutrition strategies and sample meal plan
 - Health
 - General Fitness
 - Fat Loss
 - Endurance & Team Sports
- Nutrition coaching

- Assessment
- Evaluation
- Strategies
- Popular diets and fitness supplements evaluation

Who Will This Benefit?

- Fitness and Health Care Professionals
- Strength and Conditioning Professionals

Pre-requisite

This course is 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 2.1 CECs ; NASM 1.9 CEUs

Course Duration

3 days

Day 1

8.30 am – 9.30 am: Introduction to Exercise Nutrition & Scope of Practice

9.30 am – 11 am: Energy System, Energy Balance & Metabolism

11 am – 12.30 pm: Carbohydrates

Lunch break

1.30 pm – 3 pm: Fat

3 pm – 4.30 pm: Protein

Day 2

8.30 am – 9.30 am: Nutrition for Health

9.30 am – 10.30 am: Nutrition for Fitness

10.30 am - 11.30 am: Nutrition for Fat Loss

11.30 am – 12:30 pm: Nutrition for Muscle Gain

Lunch break

1.30 pm – 2.30 pm: Nutrition for Strength Sports

2.30 pm – 3.30 pm: Nutrition for Endurance Sports

3.30 pm – 4.30 pm: Nutrition for Team Sports

Day 3


8.30 am - 9 am: Introduction to Nutrition Coaching

9 am - 9.30 am: Building Rapport

9.30 am – 10.30 am: Investigation

10.30 am – 11.30 am: Planning

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11.30 am – 12. 30pm: Action
Lunch Break
1.30 pm – 4 pm: Case Study
4 pm – 4.30 pm: Business in Nutrition Coaching

Learning Materials

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 Exercise Nutrition by FEA.

Grading Criteria

N/A

Recertification

N/A

Exam Fee

N/A

Dress Code

Casual

What Do I Need To Bring/ Prepare?

Stationery
Laptop or mobile devices to view presentation slides

Course Capacity

A minimum of 12 pax and a maximum of 24 pax

Language

English, Mandarin

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