

FEA Certified Exercise Nutrition Specialist (CENS)

12-weeks self-study online course

Course Overview

Becoming an FEA Certified Exercise Nutrition Specialist is more than just a certification; it's a gateway to transforming lives through the power of informed nutrition. As a specialist, you'll gain a deep understanding of evidence-based principles, allowing you to provide practical and relevant guidance to clients who are active. Imagine being equipped to tailor nutrition strategies to meet individual needs, whether for health, functionality or fitness.

The FEA Certified Exercise Nutrition Specialist is the first, comprehensive credential in Asia to develop the necessary knowledge, skills, and abilities that enables practitioners to effectively shape and guide healthier eating behaviors and weight management. The credential covers the topics of nutritional science; energy pathways and metabolism; communication and rapport building strategies; behavioral change; appetite triggers; using available qualitative and quantitative tools to monitor caloric intake and output; aligning diets with exercise; and the effects of stress upon eating behaviors.

Become a FEA Certified Exercise Nutrition Specialist and advance your career to the next level by offering evidence-based practices to help your clients, patients, and athletes with their eating behaviors and weight management challenges.

Course objectives

- Provide evidence-based, practical, and relevant nutritional information to clients and athletes while respecting scope of practice as a certified fitness professional.
- Discuss effective eating strategies for clients and athletes to meet their uniquely individual needs.
- Provide effective coaching methodologies that facilitate sustainable healthy eating behaviors for health, functionality, fitness, and performance.

Course Highlights

- Embrace the freedom of a 12-week self-study course, allowing you to arrange your own time and learn at your own pace. Take control of your schedule to accommodate work, life, and other commitments.
- Benefit from the wealth of knowledge and expertise embedded in the course, as it is written by none other than Fabio Comana, an influential figure in the health and fitness industry. With his extensive experience and credentials, you're learning from a recognized authority in the field.
- Move beyond theoretical knowledge and explore practical applications of nutrition. Navigate the complexities of food labels, portion sizes, diets, and food preferences, ensuring that your guidance is not only evidence-based but also relevant to the challenges of everyday life.

What Are The Topics Covered?

Principles of Nutritional Science

Chapter 1: Evidence-based Science and Practice

Chapter 2: Carbohydrates

Chapter 3: Proteins

Chapter 4: Fats

Chapter 5: Micronutrients, Functional Foods, and Alcohol

Chapter 6: Hydration and Fluid Balance

Chapter 7: Digestion and Absorption

Chapter 8: Energy Balance and Metabolism

Chapter 9: Bioenergetics

Chapter 10: Where to Next?

Nutritional Coaching

Chapter 1: Scope of Practice and Certification

Chapter 2: Coaching Concepts and Responsibilities

Chapter 3: Rapport and Communication

Chapter 4: Behavioral Change Theories

Chapter 5: Gathering Behavioral Information

Chapter 6: Goal setting and Planning Behavioral Change

Chapter 7: Nutritional Assessments - More Qualitative Self-awareness Strategies

Chapter 8: Nutritional Assessments - More Quantitative Self-awareness Strategies

Chapter 9: Food Label and Claims

Chapter 10: Environmental Influences

Chapter 11: Navigating the World of Diets

Chapter 12: Responses to Stress

Chapter 13: Making Sense of it All (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

TBC

Course Duration

12 weeks guided self study; course must be completed within 1 year upon receiving Google Classroom access.

Learning Materials

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

Grading Criteria

100 multiple-choice questions; passing score $\geq 70\%$. 2 attempts.

Duration: 2 hours

Domains		Percentage
Domain 1	Scope of Practice and Evidence-based Science	5%
Domain 2	Principles of Nutritional Science	30%
Domain 3	Nutrition and Human Physiology	15%
Domain 4	Coaching, Communication and Behavioral Change	20%
Domain 5	Nutrition Assessments and Self-Awareness Strategies	15%
Domain 6	Real World Applications	15%
	TOTAL	100%

Awards

Upon successful completion of this course and meeting the grading criteria, you will be awarded FEA Certified Exercise Nutrition Specialist (CENS).

Recertification

N/A

Exam Fee

Included in course fees

Language

English

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

The FEA-CENS certification exam must be scheduled 14 days before the desired date. The exam is conducted online with a live proctor.

Online Proctored Exam	
Exam Date & Time	To schedule for your exam, kindly email helpmelearn@fea.group . The FEA-CENS certification exam must be scheduled 14 days before the desired date.
Exam Location	Anywhere (exam candidate must meet the environment requirement)
Device required	<ul style="list-style-type: none"> • Laptop with webcam • Smartphone with camera
Set-up required prior to exam	Yes

Online Exam Requirements

Equipment

- You will need a computer with a webcam and reliable internet connection access.
- Your computer must have a compatible operating system: Windows 10 onwards, macOS 10.11 onwards.
- Please note: Tablets/iPads, dual/multi monitors and projectors are not allowed to be used as testing device.
- You will need to have your webcam on throughout the exam.
- You may need to use your mobile device as a secondary video camera during the exam.
- You will need to switch your phone to "Do Not Disturb" mode.

Environment and Attire

- Make sure you are in a bright and well-lit, quiet, and private room to minimize distractions and ensure clear visibility
- Ensure that your background and desk are clean and organised; otherwise the exam proctoring system might detect prohibited objects leading to interruptions in the exam progress
- Do not use any virtual backgrounds or overlays that may interfere with the proctor's observation.
- Pets, family members and other individuals are strictly prohibited in the room during the examination.
- Do not wear hats, caps, or anything that obscures your face or hinders facial recognition
- Do dress appropriately and maintain a professional appearance.
- No toilet breaks are allowed during the exam.

Things to bring:

- Please have your ID/passport ready for examination verification.

Not Allowed:

- iPods, MP3 players, headphones, cameras, smartphones, secondary screen, recording devices and watches (including smartwatches) are not allowed.
- No food is allowed during the examination and smoking, including vaping is not permitted at any time.
- Personal writing utensils, including paper, pencils and books are not allowed.
- Reading the questions out loud during exam is not permitted.

Strict Adherence to Exam Procedures

To ensure a smooth exam experience, it is of utmost importance to complete all necessary computer settings well before the exam day. It is crucial to avoid any potential disruptions during the exam. If the system or the proctor detects any suspicious activity, the exam will be terminated without hesitation and FEA's decision will be final. In such cases, a comprehensive report on the exam termination will be sent via email from helpmelearn@fea.group within 7 working days following the exam termination.

In the event of an exam termination, students will be granted a second attempt, regular exam fee is applied. Alternatively, they can choose to accept a score of '0' for the terminated attempt and proceed to their first retake. It is essential for students to respond promptly within 7 days upon receiving the termination report to indicate their preferred option for the reattempt. By adhering to these guidelines and promptly addressing any issues, we can ensure a fair and conducive exam environment for all participants.