

# EXERCISE NUTRITION COACH: STRATEGIES & COACHING

FEA Certified Exercise Nutrition Specialist – Level 2

## Course Overview

Building on the nutrition foundations introduced in personal trainer certifications, the **Certified Exercise Nutrition Specialist (CENS)** empowers fitness professionals to apply evidence-based nutrition strategies with real clients. The two-level program starts with **Level 1: Exercise Nutrition Coach (Science & Application)**, teaching practical methods to help clients make healthier, culturally-appropriate, and sustainable food choices while considering convenience and meal prep. **Level 2: Exercise Nutrition Coach (Goal-Specific Strategies & Coaching)** takes it further, equipping trainers to design personalized, goal-focused nutrition plans for muscle gain, fat loss, strength, endurance, and team sports, while refining coaching skills to navigate client needs and barriers.

Completion of Level 2 also grants access to a comprehensive online self-study course by industry expert Fabio Comana, allowing in-depth exploration of complex nutrition concepts at your own pace. After finishing the course and passing the exam, participants earn the **FEA Certified Exercise Nutrition Specialist** credential, officially recognising their expertise in evidence-based exercise nutrition coaching.

## Course Nature (Category 4)

This is an advanced continuing education course intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. This course consists of only online self-learning components.

## Course Objectives

- Apply Goal-Specific Nutrition Strategies – Deliver evidence-based nutrition approaches tailored to diverse client goals, including muscle gain, fat loss, strength and power development, endurance, and team sports performance.
- Strengthen Coaching Competency – Use advanced coaching skills to uncover client needs, even when goals are unclear or not fully expressed, and guide them effectively toward achievable outcomes.
- Coach for Sustainable Results – Develop personalized nutrition coaching strategies that consider client preferences, lifestyles, and barriers to build adherence and deliver long-term, impactful results.

## Class Plan (2-Day Course, 8:30am – 4:30pm)

Day	Duration	Topic	Format
1	3.5 Hours	<ul style="list-style-type: none"><li>• Introduction</li><li>• Nutrition strategies for muscle gain</li><li>• Nutrition strategies for fat loss</li><li>• Nutrition strategies for strength &amp; power</li></ul>	Theory

	3.5 Hours	<ul style="list-style-type: none"> <li>• Nutrition strategies for endurance sports</li> <li>• Nutrition strategies for team sports</li> </ul>	Theory
2	3.5 Hours	<ul style="list-style-type: none"> <li>• Introduction to Nutrition Coaching</li> <li>• Building Rapport</li> <li>• Investigation</li> </ul>	Theory
	3.5 Hours	<ul style="list-style-type: none"> <li>• Planning</li> <li>• Action</li> <li>• Case Study</li> <li>• Business in Nutrition Coaching</li> </ul>	Theory

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

### Topics Covered

Chapter	Topics Covered	Format
	<b>Principles of Nutritional Science</b>	
1	Evidence-based Science and Practice	Theory
2	Carbohydrates	
3	Proteins	
4	Fats	
5	Micronutrients, Functional Foods, and Alcohol	
6	Hydration and Fluid Balance	
7	Digestion and Absorption	
8	Energy Balance and Metabolism	
9	Bioenergetics	
10	Where to Next?	
	<b>Nutritional Coaching</b>	
1	Scope of Practice and Certification	Theory
2	Coaching Concepts and Responsibilities	
3	Rapport and Communication	
4	Behavioral Change Theories	
5	Gathering Behavioral Information	
6	Goal setting and Planning Behavioral Change	
7	Nutritional Assessments - More Qualitative Self-awareness Strategies	
8	Nutritional Assessments - More Quantitative Self-awareness Strategies	
9	Food Label sand Claims	
10	Environmental Influences	
11	Navigating the World of Diets	
12	Responses to Stress	

13	Making Sense of it All (Real World Applications)	
----	--	--

### **Learning Materials**

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

### **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, and completion of the Level 1: Exercise Nutrition Coach: Science & Application course is required. Refer to the course categories table for more information.

## Awards

- The Certificate of Completion is awarded upon full attendance and completion of the course.
- The Specialist Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information.

Disclaimer: The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. Thus, you are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.

## Grading Criteria / Exam Fee

The final exam consists of 100 multiple-choice questions and must be completed within 2 hours. A minimum passing score of 70% is required. Participants are given 2 attempts, all of which must be completed within one year from the date of getting access to google classroom.

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

## Online Proctored Exam Requirements

Exam Date & Time	To schedule for your exam, kindly email <a href="mailto:helpmelearn@fea.group">helpmelearn@fea.group</a> . 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"><li>• Laptop with webcam</li><li>• Smartphone with camera</li></ul>
Set-up required prior to exam	Yes

## 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](mailto: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.

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 0.0 CECs and NASM 0.0 CEUs

**Language**

English, mandarin. Local language in respective countries may be available.

## Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

<b>Category 1: Health and Fitness Workshops</b>	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> <b>Certificate of Completion</b> — You have attended and completed the course.</p>
<b>Category 2: Primary Certification Courses</b>	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> <b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p>
<b>Category 3: Continuing</b>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver</p>

<b>Education Courses</b>	<p>advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u></p> <p>These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u></p> <p><b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Disclaimer</b> — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<b>Category 4: Specialization Courses</b>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u></p> <p>All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> <li>Completed at least one of the following:  <b>FEA Certified Fitness Practitioner – Module 3 OR</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b></li> <li>Completed the prior level (Category 3) of respective courses.</li> <li>Pass all exam components and meet the grading criteria.</li> </ul> <p><u>What Each Certificate Means:</u></p> <p><b>Certificate of Completion</b> — You have attended and completed the course.</p>



	<p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>Disclaimer</b> — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
--	---

The information displayed above is correct during the time of publishing and may subject to change without prior notice.