

Syllabus

SPECIALIST IN FITNESS NUTRITION

COURSE LENGTH

6 months

PREREQUISITES

None

CO-REQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Berardi, John, and Ryan Andrews. *Nutrition: The Complete Guide, 2nd Edition*. International Sports Sciences Association.

COURSE DESCRIPTION

Students will learn the science behind proper nutrition and the art of applying the science as a nutrition coach. Topics include the anatomy and physiology of digestion, metabolism, energy transfer and balance, and the structure and function of macronutrients and micronutrients. Practical components include nutritional goal setting, collecting and analyzing client information, structuring an appropriate nutrition plan based on client level and goals, outcome-based nutrition coaching, and practical plans to help clients overcome common challenges.

COURSE OBJECTIVES

- Administer the tools that fitness professionals use to provide general nutritional recommendations that support healthy eating behaviors for clients.
- Apply the key principles of exercise nutrition, including the components of 'good nutrition', cell structure, energy transfer, anatomy and physiology of digestion, and metabolism.
- Describe the structure, metabolism, and dietary sources of carbohydrates, fats, and proteins.
- Identify dietary sources, functions, the effects of deficiency, and the effects of surplus for various micronutrients.
- Identify and address the nutritional variations for special populations.
- Discuss goal setting and differentiate between outcome versus behavior goals.
- Assess a client's participation level through analysis of the client's current nutrition knowledge, lifestyle, and motivation.
- Design a nutritional strategy for clients based on his or her health history, participation level, lifestyle, and goals.
- Monitor and adjust a client's progress through ongoing body composition and fitness assessment.

- Recognize the situation(s) that require additional professional (Doctor, Dietitian, Physical Therapist) input outside of the trainer's scope of practice; seek his or her professional guidance.
- Supply clients with practical plans to overcome common challenges.

COURSE OUTCOMES

- Identify the components of good nutrition.
- Describe how food becomes energy.
- Explain the impact that manipulating energy balances has on changing body composition.
- Identify which metabolic pathways dominate during designated activities.
- Analyze collected health history information to determine a client's physical ability to participate.
- Identify progress markers and strategies to adjust nutrition plans based on outcomes.
- Utilize skinfold, girth, height, and weight measurements to identify a client's baseline body composition.
- Facilitate client determination of outcome goals.
- Apply the knowledge of special population needs to program design.
- Assign the appropriate behavior goals to clients in order to facilitate the desired outcomes.
- Adjust program design based on on-going assessment of body composition, fitness level, outcomes, and client motivation.
- Structure an appropriate eating and supplementation plan based on client level and goals.

COURSE OUTLINE

You have until the course end date to finish all required submissions. A suggested guided study for you to complete the course is set up as follows:

Module 1: Good Nutrition, Cell Structure and Function

Module 2: Digestion, Absorption, and Energy Transformation

Module 3: Energy Balance, Aerobic and Anaerobic Metabolism

Module 4: Macronutrients, Micronutrients

Module 5: Water and Fluid Balance, What it Means to be a Good Coach

Module 6: Coaching Methodology, Nutritional Levels, Level 1 Client

Module 7: Working With Level 2 Clients, Working With Level Clients

Module 8: Special Scenarios, Business 101

Module 9: Continuing Education

Module 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated.

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Submit all course components.**
- **Earn a course score of 75% or better in the course.**
- **Submit current Adult CPR/AED**
- **Any fees must be paid in full.**