

ADVANCED NUTRITIONAL COACHING

Professional
Development
Course



OVERVIEW

This comprehensive course addresses many aspects of nutrition and food choices that are relevant to a health and fitness professional, or for someone looking to improve their own nutrition and fitness performance. The course provides you with fundamental knowledge of nutrition, and as such is essential for the fitness professional who seeks to better educate their clients.

With a strong focus on client health and performance, you'll gain an understanding of how different foods can play a role in achieving your or your client's health and fitness goals. You'll gain insight and understanding of a range of nutritional concepts and learn how to educate and support your clients so that they can maximize their results and get the most out of their nutrition and exercise!

COURSE OUTLINE

COURSE MODULES

- Module 1 - Basic Nutrition Principles
- Module 2 - Understanding how the Body uses Nutrients as Fuel for Energy
- Module 3 - Assessing a Person's Current Diet
- Module 4 - Building Meal Plans for Clients
- Module 5 - Nutrition for Before, During, and After Exercise
- Module 6 - The Importance of Hydration Before, During and After Exercise
- Module 7 - Nutrition for Muscle Growth
- Module 8 - Intermittent Fasting
- Module 9 - Carbohydrate Loading
- Module 10 - Ketogenic Diet
- Module 11 - Nutritional Recommendations for Weight Loss
- Module 12 - Understanding Nutritional Deficiencies and Common Nutritional Intolerances
- Module 13 - The Basics of Sports and Health Supplements
- Module 14 - Professional and Legal Requirements of Fitness Professionals

DETAILS

STUDY MODE: ONLINE

COURSE TIMELINE: 6 MONTHS

PRICE: \$995

ASSESSMENT REQUIREMENTS:
MULTIPLE CHOICE QUIZZES

RECOGNITION:



This course is Internationally Recognised and Approved through the International Institute for Complementary Therapists (IICT). The IICT is one of the world's leading professional bodies, representing health and fitness practitioners operating within Australia, NZ, UK and US.



This course is Recognised by FITREC, one of Australia's peak fitness professional registering bodies, as a Level B course, with 30 points.