

A comprehensive nutrition certification offering solid foundation and core skills for entry level and experienced fitness professionals (i.e., personal trainers, group exercise instructors, wellness coaches) delivered in an immersive distance learning format that combines current evidence-based information on the science of nutrition along with behavior change and coaching strategies to accommodate any client and give safe, effective and long lasting results.

## Course Content:

### **Unit 1: Introduction to the FSSA, Nutrition for sports, exercise and weight management Distance Learning Course**

Chapter 1: Introduction

### **Unit 2: What influences our eating?**

Chapter 1: Habit

Chapter 2: Social influences

Chapter 3: Psychological influences

Chapter 4: Sensory and physiological influences

### **Unit 3: Introduction to nutrition principles**

Chapter 1: A balanced diet

Chapter 2: The process of digestion

### **Unit 4: Proteins**

Chapter 1: The structure of protein

Chapter 2: What proteins do and where they come from

Chapter 3: Protein requirements

Chapter 4: Digestion and absorption of proteins

### **Unit 5: Fats**

Chapter 1: Composition of fats

Chapter 2: What fat does and where it comes from

Chapter 3: How much fat do we require?

Chapter 4: Digestion and absorption of fat

Chapter 5: Fat transportation and cholesterol

### **Unit 6: Carbohydrates**

Chapter 1: What are carbohydrates?

Chapter 2: What carbohydrates do

Chapter 3: Understanding the glycaemic index

Chapter 4: Guidelines for carbohydrate requirements

Chapter 5: Digesting and absorbing carbohydrates

### **Unit 7: Micronutrients**

Chapter 1: Introduction to DRVs and micronutrients

Chapter 2: Antioxidants

Chapter 3: Fat soluble vitamins

Chapter 4: Water-soluble vitamins

Chapter 5: Minerals

### **Unit 8: Fluids**

Chapter 1: Water

Chapter 2: Alcohol

Chapter 3: Caffeine

### **Unit 9: Energy balance**

Chapter 1: Energy balance

Chapter 2: Calculating energy expenditure

Chapter 3: Putting it all together

### **Unit 10: Exercise and weight management**

Chapter 1: Exercise and activity in weight management

Chapter 2: Measuring and monitoring changes

### **Unit 11: Food labeling**

Chapter 1: Food labels

### **Unit 12: Working with clients**

Chapter 1: Working with clients

### **Unit 13: Nutrition for sports and exercise**

Chapter 1: Nutrition supplements and ergogenic aids

Chapter 2: Dietary supplements

Chapter 3: Supplements for improving strength and power

Chapter 4: Performance enhancing supplements

Chapter 5: Other dietary supplements and supplement evaluation

Sports Nutrition course is to give you all the knowledge that you will require in not one but two fields: a detailed knowledge and understanding of sports nutrition, and the expertise required to create a successful sports nutrition business. This course has been designed to equip you with the tools you will need to realize your ambition. It is important to recognise that Sports Nutrition is relevant to everybody, as part of a healthy active lifestyle, not just athletes and celebrities. Students will learn how to communicate with your clients before explaining how to select the correct supplements, based on each client's individual needs.

## Course Content:

### Module 1: What is Sports Nutrition?

- Part 1 : What do we mean by Sports Nutrition?
- Part 2 : Three Principles of Sports Nutrition
- Part 3 : History of Sports Nutrition and its Increase in Popularity
- Part 4 : Sports Nutrition is for All, Not Just Athletes and Celebrities
- Part 5 : Summary

### Module 2: The Need for Sports Nutrition

- Part 1 : Relating Activities with Need for Sports Nutrition
- Part 2 : Eating Right
- Part 3 : Essential Micronutrients for Athletes
- Part 4 : Summary

### Module 3: One - on - one interaction with Clients

- Part 1 : Knowing the Clientele
- Part 2: Dealing with A Client on a One-To-One Basis
- Part 3 : Summary

### Module 4: Sports Supplements

- Part 1 : Selecting the correct sports Supplements based on the Clients needs
- Part 2 : Performance Enhancers, Dosage and Frequency
- Part 3 : Summary

### Module 5: Sports Nutrition as a Business

- Part 1 : The Sports Nutrition Enterprise
- Part 2 : The Opportunities in Sports
- Part 3 : How this course will help ?
- Part 4 : Summary

### Module 6: Starting Your Own Business

- Part 1 : Becoming A Professional Sports Nutritionist
- Part 2 : What will you need ?
- Part 3 : How to Design a Personalized Study Plan ?
- Part 4 : Summary

### Module 7: Publicizing your Sports Nutrition Business

- Part 1 : Promoting Your Business
- Part 2 : Set Your Goals and Define Your Norms
- Part 3 : Producing and Marketing your own line of Supplements
- Part 4 : Business Management
- Part 5 : Summary

### Module 8: Running A successful Business

- Part 1 : Advice for Running a Sports Nutrition Business
- Part 2 : Don't Bypass the importance of Market Research
- Part 3 : Other Precautions
- Part 4 : Legal Issues
- Part 5: Market Trends and Shifts
- Part 6 : Summary

### Module 9 : Course Overview

- Part 1 : What We Have Learnt
- Part 2 : Moving Forward

This course provides tools to parents and those who want to make a profession out of child nutritional consulting, which will help them understand early years nutrition and how to adopt healthy eating habits and diets. The course helps, by giving you a good grounding in what nutrition actually is.

You'll learn about the nutritional requirements of babies and children of all ages, in particular the different macronutrients and micronutrients that are particularly important for different age groups, and the food sources for each. You will learn about food allergies and other food-related issues in children, including what a food allergy is and how it is caused, the difference between a food allergy and food sensitivity or intolerance, and how to recognise and deal with food allergies in babies and older children, along with details on how to treat them.

### **Course Content:**

#### **Module 1: The Basics of Nutrition**

##### **Introduction**

Part 1 : What is Nutrition?

Part 2 : Macronutrients

Part 3 : Micronutrients

#### **Module 2: Nutrition Requirements for Babies and Children**

Part 1 : Why Nutrition is Important for Children

Part 2 : Nutrient Requirements for Older Babies

Part 3 : Nutritional Requirements for Toddlers

Part 4 : Nutrition Requirements for 10 - 14 Years

#### **Module 3: Vegetarian and Vegan Diets**

Part 1 : What are Vegetarians and Vegans ?

Part 2 : Vegetarian Diets for Infants and Children

Part 3 : Possible Deficits in Vegan Diets

#### **Module 4: Food Allergies and Other Issues in Children**

Part 1 : What is a Food Allergy ?

Part 2 : How to Recognise Food Allergies in Children

Part 3 : Managing Nutritional Needs

#### **Module 5: Nutrition in the Womb**

Part 1 : How Health Begins in the Mother's Womb

Part 2 : Food to Eat During Pregnancy

#### **Module 6: Newborn to 6 Months**

Part 1 : Breast Milk or Formula ?

Part 2 : Passing on Nutritional Habits

#### **Module 7: Weaning 6 - 12 Months**

Part 1 : What is Weaning ?

Part 2 : What to Feed Baby for Good Nutrition

Part 3 : Creating Good Nutrition Habits 6 - 8 Months & 9 - 12 Months

#### **Module 8: Toddler Diets 1 - 5 Years**

Part 1 : What Foods Toddlers Need to Eat for Good Nutrition

Part 2 : Children's Drinking Habits

#### **Module 9: Nutritious Eating for 6 - 12 Year Olds**

Part 1 : The Importance of Healthy Eating Habits

Part 2 : Creating Healthy School Lunches

#### **Module 10: How to Handle Picky Eaters**

Part 1 : What is "Picky Eating"?

Part 2 : How Parents Can Help Picky Eaters

#### **Module 11: Weight Management in Children**

Part 1 : Healthy Weight in Children

Part 2 : Weight Loss Strategies

Part 3 : Poor Weight Gain

#### **Module 12: Superfoods**

Part 1 : What is a Superfood ?

Part 2 : Superfoods for Kids

#### **Module 13: Business Practices**

Part 1 : The Work of a Child Nutritionist Consultant

Part 2 : Ways to Grow Your Business

Part 3 : Develop Your Nutrition Coaching Format

Through studying the Ketogenic Diet Course, you will learn about foods that may improve your health and empower you to take charge of your eating habits with more sustainable choices, and gain the added benefit of losing excess weight. There are different types of ketogenic diet – you will discover which type will work best for you and your body. The Ketogenic Diet Course gives you a clear understanding of the ketogenic diet and a basic understanding of the nutrients your body requires. Course concludes by explaining how the ketogenic diet can benefit both you and your clients, and how it can help those suffering from a variety of different health conditions. The course also covers the dos and don'ts for different groups of people.

## **Course Content:**

### **Module 1: Nutrients for a Healthy Diet**

- Part 1: Macronutrients
- Part 2: Micronutrients
- Part 3: Macrominerals and Microminerals
- Part 4: The Importance of Fiber
- Part 5: Summary

### **Module 2: Getting Started on the Ketogenic Diet**

- Part 1: The History of the Ketogenic Diet
- Part 2: The Ingredients of a Ketogenic Diet
- Part 3: What We Mean by Ketosis
- Part 4: The Benefits of a Ketogenic Diet
- Part 5: Summary

### **Module 3: The Importance of Fats**

- Part 1: Low Fat, Healthy Fat and the Functions of Fat
- Part 2: Healthy Fats
- Part 3: MCT Oil
- Part 4: Summary

### **Module 4: Intermittent Fasting**

- Part 1: What is Intermittent Fasting ?
- Part 2: How IF Affects Cells and Hormones
- Part 3: Keto Challenges
- Part 4: When Fasting is Not Advised
- Part 5: Fasting Myths
- Part 6: Cyclical Ketosis
- Part 7: Summary

### **Module 5: When to Choose a Ketogenic Diet**

- Part 1: Suitability of the Ketogenic Diet
- Part 2: When a Keto Diet is Not Suitable
- Part 3: Summary

### **Module 6: Varieties of Ketogenic Diets**

- Part 1: Types of Ketogenic Diet
- Part 2: Satisfaction Guaranteed
- Part 3: Food Choices on a Ketogenic Diet
- Part 4: More about Carbohydrates
- Part 5: Are Sweeteners Safe ?
- Part 6: Calorie Counting on Keto
- Part 7: Summary

### **Module 7: Ketogenic Diet Issues**

- Part 1: Issues With the Ketogenic Diet
- Part 2: How to Recognise Ketosis
- Part 3: Summary

### **Module 8: Functional Foods, Supplements and Medication**

- Part 1: Functional Foods
- Part 2: Other Fabulous Foods for a Ketogenic Diet
- Part 3: Vitamins and Minerals on a Ketogenic Diet
- Part 4: Medication and the Ketogenic Diet
- Part 5: Summary

### **Module 9: Putting It All Together**

- Part 1: What to Eat on a Ketogenic Diet
- Part 2: Keto Shopping List
- Part 3: Bullet Proof Coffee and Keto Bread
- Part 4: Summary

### **Module 10: The Ketogenic Diet for Specific Conditions**

- Part 1: Ensure the Ketogenic Diet Works for You
- Part 2: Improve Your Client's Health
- Part 3: Using the Keto Diet for Certain Conditions
- Part 4: Considerations for Different Groups of People on the Keto Diet
- Part 5: Pregnancy and Children

The Certification in Vegan diet and Nutrition course begins by considering what veganism is, answering the questions, 'What do vegans avoid?' and 'Where did veganism all begin?', as you take a fascinating look into veganism around the world and throughout history. You'll also learn about the health and environmental benefits of veganism, along with the moral benefits of this lifestyle choice.

The Certification in Vegan Diet and Nutrition course discusses different transitioning methods, how to monitor health during the transition, and the difficulties that can be faced during this period. The second half of the course explains how you can use the knowledge you've gained to run a nutritionist business.

## Course Content:

### Module 1: Introduction to Veganism

#### Introduction

- Part 1: What is Veganism?
- Part 2: The History of Veganism

### Module 2: The Benefits of Veganism

- Part 1: Health Benefits
- Part 2: Environmental Benefits
- Part 3: Moral Benefits

### Module 3: A Balanced Diet

- Part 1: Common Vegan Diet Mistakes
- Part 2: Macronutrients- Protein
- Part 3: Macronutrients – Fats and Carbohydrates
- Part 4: Micronutrients

### Module 4: Meal Planning

- Part 1: Principles of Effective Meal Planning
- Part 2: Practical and Client-Centric Meal Plans
- Part 3: Creating Meal Plans Step by Step

### Module 5: Transitioning

- Part 1: Transitioning Methods
- Part 2: Transitioning Difficulties
- Part 3: Eating Out

### Module 6: Special Consideration Clients

- Part 1: Pregnant Women
- Part 2: Veganism in Infants and Children
- Part 3: Athletes and Bodybuilders

### Module 7: Client Consultations

- Part 1: Importance of Effective Consultations
- Part 2: The Consultation Format
- Part 3: Nutritional Information and Analysis

### Module 8: Ongoing Care and Alternative Models

- Part 1: Client Aftercare
- Part 2: Further Appointments
- Part 3: Educational Materials
- Part 4: Group Therapy

### Module 9: Running a Nutritionist Business

- Part 1: Practical Considerations
- Part 2: Professional Conduct
- Part 3: Marketing Your Business
- Part 4: Marketing Channels

### Module 10: Case Studies

- Part 1: Case Study
- Part 2: Breakfast Recipes
- Part 3: Lunch Recipes
- Part 4: Dinner Recipes
- Part 5: Dessert Recipes

**Note:** As a practicing Nutrition Advisor you must recognise the scope of your practice. Remember it is important to inform your clients that you are only able to give general nutrition advice that follows research based guidelines for the generally healthy individual. You have a duty of care to promote healthy eating for clients rather than to diagnose and treat potential nutritional deficiencies. You have an obligation to the client to refer them for further advice or treatment should they require it. It is important not to be prescriptive, as dieticians and registered nutritionists are the only professionals who can be more prescriptive beyond promoting general healthy eating.

**Course Content:****Introduction****Current Diet and Nutrition Scenario****Dietary Goals****Dietary Guidelines**

- Guideline 1
- Guideline 2
- Guideline 3
- Guideline 4
- Guideline 5
- Guideline 6
- Guideline 7
- Guideline 8
- Guideline 9
- Guideline 10
- Guideline 11
- Guideline 12
- Guideline 13
- Guideline 14
- Guideline 15

**Annexures****1. Approximate Calorific Value of Nuts, Salads and Fruits****2. Balanced Diet for Adults - Sedentary/Moderate/Heavy Activity**

2(a). Sample Meal Plan for Adult Man (sedentary)

2(b). Sample Meal Plan for Adult Woman (sedentary)

**3. Recommended Dietary Allowances**

Macronutrients

Micronutrients

**4. Balanced Diet for Infants, Children and Adolescents****5. Anthropometric Standards****6. Low Calorie Vegetables and Fruits (<100Kcal)****7. Vegetable and Fruits with High Calorie Value (>100Kcal)****8. Approximate Calorific Value of Some Cooked Preparations****9. ALA Content of Foods (g/100g)****10. Glycemic Index of Common Foods****11. Exercise and Physical Activity****12. Removal of the Pesticide Residues from the Food Products****13. Drinking Water Standards****14. Portion Sizes and Menu Plan****15. Some Nutrient-rich Foods**

BOOKS FOR FURTHER READING  
GLOSSARY