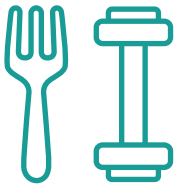


Nutrition and Personal Trainer

LEARNING OBJECTIVES



Healthy habits are hard to develop. Ditching fast food for nutritious greens, throwing heavy things around in the gym or running a mile instead of binge-watching the latest Netflix original series ... The struggle is real. Nutrition and personal trainers provide the motivation people need to get off the couch, start moving, and swap those greasy burgers for salads. And with the right training, you could be the one people turn to when they're ready to make a lifestyle change. This program is packed with extensive content that will make you an authority on the topics of health, wellness, fitness, and nutrition.

Nutritional Consultant Curriculum:

Introduction to Nutrition for Health, Fitness, and Sports Performance

- Discuss the importance of proper nutrition and exercise.

Healthful Nutrition

- Identify different classes of nutrients and receive guidelines for healthy eating and food labeling.

Human Energy

- Get familiar with the energy storage, production, and usage functions in the human body.

Carbohydrates - the Main Energy Food

- Discuss the function of carbohydrates in the body.

Fat - Exercise Energy Source

- Discuss the role and dangers of fat in the body.

Protein - the Tissue Builder

- Discuss proteins, sources of protein, and the importance of protein.

Vitamins

- Discuss the types of vitamins and the benefits of vitamins.

Minerals

- Discuss types of minerals and the importance of minerals.

Water, Electrolytes, and Temperature

- Discuss body temperature regulation and the importance of water and electrolytes.

Body Weight and Composition

- Discuss healthy body weight.

Weight Management

- Discuss approaches to weight loss and weight management.

Food Drugs and Supplements

- Discuss the types and benefits of food supplements and drugs: final edition.

Personal Fitness Trainer Curriculum:

Introduction to the Field and Profession of Personal Training

- Learn about general educational requirements and explore different educational options offered to those interested in becoming professional personal trainers.
- Learn about the specific functions and job duties of professional personal trainers.

The Science of Personal Training

- Learn about anatomy and Kinesiology so that you develop a solid understanding of the human body and the mechanics of how it works.
- Learn about the biomechanical principles of training and the basic components of exercise physiology.
- Learn about nutrition and human performance.

Behavior Modification

- Understand how specific behavior changes are encouraged and supported through coaching and counseling.

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LEARNING OBJECTIVES

Initial Client Screening

- Determine the specific needs of your clients and develop programming that is specific to the individual.

Comprehensive Program Design

- Gain insight into the range of physical and mental health benefits possible with a regular exercise program.

Types of Training

- Learn the benefits of resistance training, cardiorespiratory training, and flexibility training in comprehensive training programs.

Program Components and Working with Special Populations

- Learn how to tailor programming to meet the specific needs of your clients and identify which components will help your clients meet their fitness and lifestyle goals.

Business and Legal Components

- Learn about the business and legal components involved in being a personal trainer.
- Discover how to sell and market training services to potential clients, price training sessions, and maintain professional standards that will protect a business reputation.
- Identify the legal risks and responsibilities of the profession, as well as the importance of conforming to industry standards.

TOTAL HOURS = 475

Didactic, Simulations, and Experiential