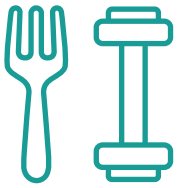


Nutrition and Personal Trainer

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. You'll also receive one voucher for your choice of two certification exams: The ACSM Personal Trainer cert or the Nutrition Specialist certification from the American Academy of Sports Dieticians and Nutritionists.

Program Orientation: Nutrition and Personal Trainer

- Initiate Nutrition and Personal Trainer Program.

Foundations of Health and Fitness

- Use a personalized approach to help create a program aimed at developing a lifetime fitness and wellness lifestyle.
- Understand and apply behavior modification techniques.
- Learn how to incorporate healthy eating guidelines to create an effective wellness program.
- Gain an understanding of personal recommended body weight and body composition and how it is vital to setting clear and realistic weight loss goals.
- Explore factors that influence weight management and the roles of exercise intensity and duration in weight management.
- Review how behavior changes and modification can support healthy and lifelong weight management.
- Learn and explore Cardiorespiratory (CR) endurance and how it is the most important component of health-related physical fitness.
- Explore the benefits of muscular fitness achieved through strength-training or resistance training for health and well-being.
- Gain an understanding of the benefits of flexibility, factors that affect how flexible a person is, and how to assess flexibility that will help develop a successful stretching program to improve overall fitness and functional mobility throughout life.
- Review exercise prescriptions to avoid injury, break through fitness plateaus, and to create training programs.
- Evaluate how risk factor management and positive lifestyle habits are the best ways to prevent Cardiovascular disease

- Analyze ways to assess stress and techniques that can help management stress.
- Become educated about addiction and the risks of substance abuse, and how to make more informed decisions when dealing with substances.

The Human Body

- Use the appropriate terminology to describe the human body.
- Identify the structures and functions of the major body systems.
- Examine common pathologies of the major body systems.

Health Promotion and Behavior

- Summarize the goals and strategies of the field of health promotion.
- Identify the leading models and theories that motivate contemporary health promotion efforts.
- Explain the central places of nutrition and physical activity in the health promotion field.
- Describe the impacts of major health factors such as tobacco use, STIs, and infectious diseases on public health promotion efforts.
- Summarize the research collected in the Health People 2020 guidelines and its impacts on health promotion efforts.

Foundations of Nutrition

- Summarize the principles of a healthy diet.
- Explain how to read a food label critically.
- Summarize the bodily processes of digestion and absorption.
- Describe the chemistry, metabolism, and roles of macronutrients—carbohydrates, fats, and proteins—in the human body.

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- Explain the roles and sources of vitamins, minerals, and water in the human body.
- Describe the best practices of physical activity and nutrition that work together to support human fitness.
- Outline the evolving nutritional needs of people as they age through the human lifecycle.
- Explain the dietary risk factors and nutritional recommendations associated with common chronic diseases.
- Outline the major contemporary conversations about food and water safety.
- Summarize the connections between global hunger, agriculture, and the environment.

Communication and Customer Service in the Healthcare Office

- Identify the various types and styles of communication used in a healthcare office.
- Review how verbal, non-verbal, and written communication skills contribute to patient experience and outcome in a health care office.
- Identify professional communication techniques for a healthcare office, including interviewing techniques and use of medical terminology and patient-accessible language.
- Explore modified communication for patients with special considerations.
- Outline protocols for providing customer service for a health care office.

Coaching Methods and Applications

- Describe the primary goals of nutritional coaching.
- Summarize the major theoretical and practical frameworks for nutritional behavioral change.
- Describe the characteristics and best practices of an effective nutritional coach.
- Outline best practices for interpersonal and group communication as a coach and educator.
- Outline the nutritional and physical activity components of an effective nutrition care plan.
- Summarize the ethical responsibilities of a nutrition coach.

Personal Training

- Gain knowledge of the world of personal training and some of the characteristics that pertain to the profession, and to the general world of health and fitness.

- Explore the legal aspects that will help protect the personal trainer, client, and the business.
- Review the process of personal training, from the first client consultation to creating and implementing an exercise program.
- Develop a fitness program that is safe, realistic, and efficient for their fitness clients.

Special Population & Human Behavior

- Explain how to properly assess clients with special needs.
- Explain the process of developing a program for a client with special needs.
- Explain the Transtheoretical Model.
- Compare the theories of behavioral change.

Comprehensive HIPAA

- Describe HIPAA basics.
- Understand the HIPAA Privacy Rule.
- Understand the HIPAA Security Rule.
- Describe the HITECH Act.
- Explain regulations for business associates.
- Summarize HIPAA documentation and training.
- Review applied HIPAA security for healthcare professionals.

Conduct and Core Competencies of Coaching

- Explore the importance of practicing within the proper scope of the profession and how to be a valuable member of the client's healthcare team.
- Review obligations to uphold client privacy and confidentiality pertaining to HIPAA and PHI.
- Evaluate the development of the coaching mindset to become an effective and supportive coach.
- Identify applications of main behavior change theories and methods that are central to the art and technique of coaching.
- Explain the importance of coaching agreements and contracts
- Evaluate examples of the change process, SMART goals, and action plans to bring the client along the wellness journey to self-management.

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Program Completion: Nutrition and Personal Trainer

- Prepare for course completion.