

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Basics of Macronutrients & Hydration

Workshop Level



LAPT — London Academy of Professional Training

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Reference FT-FNW-W • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-FNW-W
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Basics of Meal Planning 3 chapters · 12 classes65 marks	
• 1 Understanding Macronutrients: Balancing Protein, Carbohydrates, and Fats — 4 classes › 1.1 Identifying Macronutrients: Proteins, Carbohydrates, and Fats › 1.2 Exploring the Functions of Macronutrients in the Body › 1.3 Balancing Macronutrient Ratios for Optimal Health › 1.4 Applying Macronutrient Knowledge to Meal Planning • 2 Creating Balanced Meals: Portion Control and Nutritional Diversity — 4 classes › 2.1 Understanding Portion Sizes for Nutritional Balance › 2.2 Identifying Key Macronutrients for Diverse Meals › 2.3 Applying Portion Control in Meal Planning › 2.4 Creating Nutritionally Diverse Meal Plans	• 3 Integrating Hydration into Meal Plans: Optimizing Nutrient Absorption and Performance — 4 classes › 3.1 Understanding Hydration Needs: Assessing Fluid Requirements for Different Lifestyles › 3.2 Exploring Nutrient Absorption: The Role of Water in Digestive Efficiency › 3.3 Designing Balanced Meal Plans: Integrating Hydration and Macronutrient Intake › 3.4 Applying Hydration Strategies: Enhancing Performance and Well-being
2 Hydration Essentials 3 chapters · 12 classes65 marks	
• 1 Understanding the Role of Water in the Body — 4 classes › 1.1 Exploring the Functions of Water in the Human Body › 1.2 Recognizing the Signs and Symptoms of Dehydration › 1.3 Investigating the Link Between Hydration and Cognitive Performance › 1.4 Developing Hydration Strategies for Optimal Health • 2 Hydration Strategies for Fitness and Exercise — 4 classes › 2.1 Understanding the Role of Hydration in Physical Performance › 2.2 Identifying Signs and Symptoms of Dehydration During Exercise › 2.3 Exploring Optimal Fluid Intake for Various Types of Exercise › 2.4 Implementing Personalized Hydration Strategies for Enhanced Fitness	• 3 Assessing and Addressing Hydration Needs — 4 classes › 3.1 Understanding Your Body's Hydration Signals › 3.2 Calculating Personal Hydration Requirements › 3.3 Identifying and Preventing Dehydration › 3.4 Developing a Personalized Hydration Plan

3

Introduction to Macronutrients

3 chapters · 12 classes

90 marks

• 1 Overview of Macronutrients in Fitness — 4 classes

- › 1.1 Understand the Role of Macronutrients in Fitness
- › 1.2 Explore the Functions of Carbohydrates, Proteins, and Fats
- › 1.3 Assess Your Macronutrient Needs for Optimal Performance
- › 1.4 Apply Macronutrient Knowledge to Real-Life Fitness Scenarios

• 2 Detailed Analysis of Proteins, Carbohydrates, and Fats — 4 classes

- › 2.1 Understanding Protein Functions and Sources
- › 2.2 Exploring Carbohydrate Types and Benefits
- › 2.3 Analyzing the Role of Fats in Health and Diet
- › 2.4 Integrating Macronutrients for Balanced Nutrition

• 3 Macronutrient Optimization for Fitness Outcomes — 4 classes

- › 3.1 Understanding the Role of Macronutrients in Fitness
- › 3.2 Identifying Optimal Macronutrient Ratios for Different Fitness Goals
- › 3.3 Applying Macronutrient Timing to Enhance Performance
- › 3.4 Evaluating the Impact of Macronutrient Quality on Fitness Results

4

Nutritional Strategies for Fitness

3 chapters · 12 classes

65 marks

• 1 Understanding Macronutrients and their Roles in Fitness — 4 classes

- › 1.1 Explore Macronutrients: Carbohydrates, Proteins, and Fats
- › 1.2 Analyze the Role of Carbohydrates in Energy Production
- › 1.3 Examine Protein Functions in Muscle Building and Repair
- › 1.4 Evaluate the Impact of Hydration on Fitness Performance

• 2 Nutritional Timing and its Impact on Workout Performance — 4 classes

- › 2.1 Understand Nutrient Timing for Optimal Energy
- › 2.2 Explore the Role of Carbohydrates in Pre-Workout Meals
- › 2.3 Analyze Protein Intake for Post-Workout Recovery
- › 2.4 Implement Hydration Strategies for Enhanced Performance

• 3 Hydration Strategies and their Significance in Physical Activity — 4 classes

- › 3.1 Understanding the Basics of Hydration in Fitness
- › 3.2 Analyzing the Effects of Dehydration on Physical Performance
- › 3.3 Identifying Optimal Hydration Techniques for Exercise
- › 3.4 Implementing Personalized Hydration Strategies During Workouts

5

Practical Applications in Nutrition

3 chapters · 12 classes

65 marks

• 1 Understanding Macronutrients in Diet Planning — 4 classes

- › 1.1 Exploring Macronutrients: Carbohydrates and Their Roles
- › 1.2 Delving into Proteins: Functions and Dietary Sources
- › 1.3 Understanding Fats: Types, Benefits, and Limitations
- › 1.4 Applying Macronutrient Knowledge to Diet Planning

• 2 Balancing Macronutrient Intake for Optimal Performance — 4 classes

- › 2.1 Understanding Macronutrient Functions in the Body
- › 2.2 Calculating Individual Macronutrient Needs
- › 2.3 Selecting Foods for Balanced Macronutrient Intake
- › 2.4 Planning Meals for Peak Performance

• 3 Integrating Hydration Strategies into Nutrition Plans — 4 classes

- › 3.1 Understanding the Role of Hydration in Nutrition
- › 3.2 Identifying Personal Hydration Needs
- › 3.3 Developing Hydration Strategies for Different Lifestyles
- › 3.4 Implementing Hydration Plans in Daily Nutrition

6

Weight Management Fundamentals

3 chapters · 12 classes

90 marks

• 1 Understanding Caloric Balance and Energy Requirements — 4 classes

- › 1.1 Exploring the Concept of Caloric Balance
- › 1.2 Understanding Basal Metabolic Rate and Its Impact
- › 1.3 Calculating Daily Energy Requirements
- › 1.4 Applying Caloric Balance to Weight Management

• 2 Exploring Macronutrients: Carbohydrates, Proteins, and Fats — 4 classes

- › 2.1 Understanding Carbohydrates: Functions and Sources
- › 2.2 Examining Proteins: Roles in the Body and Dietary Sources
- › 2.3 Analyzing Fats: Types, Benefits, and Misconceptions
- › 2.4 Balancing Macronutrients: Practical Strategies for Healthy Eating

• 3 Hydration and Its Impact on Weight Management — 4 classes

- › 3.1 Understanding the Role of Hydration in Weight Management
- › 3.2 Identifying Signs of Dehydration and Overhydration
- › 3.3 Analyzing How Water Intake Affects Metabolism
- › 3.4 Developing a Personalized Hydration Plan for Effective Weight Control

