

# LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

## Certificate in Fitness Nutrition Coaching

*Foundation Level*



### LAPT — London Academy of Professional Training

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**Reference** FT-FNW-F • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

|               |                                                |
|---------------|------------------------------------------------|
| REFERENCE     | FT-FNW-F                                       |
| AWARD         | Certificate                                    |
| ASSESSMENT    | 445 marks — 267 to pass (60%)                  |
| PREREQUISITES | None                                           |
| VALIDITY      | Lifetime                                       |
| AWARDING BODY | LAPT — London Academy of Professional Training |

CURRICULUM

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| <div>1</div> <div>Communication and Client Education</div> <div>4 chapters · 20 classes 45 marks</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <div><div>• 1 Effective Communication Strategies for Fitness Professionals — 5 classes</div><div><div>› 1.1 Understanding Communication Fundamentals</div><div>› 1.2 Building Rapport with Fitness Clients</div><div>› 1.3 Utilizing Active Listening Techniques</div><div>› 1.4 Delivering Clear and Motivating Instructions</div><div>› 1.5 Adapting Communication Styles to Client Needs</div></div><div><div>• 2 Building Trust and Rapport with Clients — 5 classes</div><div><div>› 2.1 Understanding the Importance of Trust in Client Relationships</div><div>› 2.2 Identifying Core Elements of Effective Communication</div><div>› 2.3 Developing Active Listening Skills for Client Engagement</div><div>› 2.4 Applying Empathy to Build Deeper Connections</div><div>› 2.5 Creating a Safe Environment for Open Dialogue</div></div></div></div> | <div><div>• 3 Educational Techniques for Client Nutrition Coaching — 5 classes</div><div><div>› 3.1 Identifying Client Learning Styles in Nutrition Coaching</div><div>› 3.2 Developing Effective Communication Strategies for Nutrition Guidance</div><div>› 3.3 Designing Interactive Nutrition Education Sessions</div><div>› 3.4 Utilizing Visual Aids to Enhance Nutrition Learning</div><div>› 3.5 Evaluating Client Understanding and Implementing Feedback</div></div><div><div>• 4 Adapting Communication for Diverse Client Needs — 5 classes</div><div><div>› 4.1 Understanding Client Diversity in Nutrition</div><div>› 4.2 Identifying Communication Barriers</div><div>› 4.3 Tailoring Messages to Client Preferences</div><div>› 4.4 Employing Empathy in Client Interactions</div><div>› 4.5 Implementing Cultural Sensitivity in Nutrition Coaching</div></div></div></div>                                   |
| <div>2</div> <div>Dietary Assessment Techniques</div> <div>4 chapters · 20 classes 90 marks</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <div><div>• 1 Understanding the Basics of Dietary Assessment — 5 classes</div><div><div>› 1.1 Define Dietary Assessment and Its Importance</div><div>› 1.2 Identify Key Methods of Dietary Assessment</div><div>› 1.3 Explore Pros and Cons of Dietary Assessment Tools</div><div>› 1.4 Learn How to Record and Analyze Dietary Intake Data</div><div>› 1.5 Practice Interpreting Dietary Assessment Results</div></div><div><div>• 2 Tools and Methods for Dietary Data Collection — 5 classes</div><div><div>› 2.1 Understanding Dietary Data Collection Essentials</div><div>› 2.2 Exploring Types of Dietary Assessment Tools</div><div>› 2.3 Implementing Food Frequency Questionnaires</div><div>› 2.4 Utilizing 24-Hour Dietary Recalls Effectively</div><div>› 2.5 Analyzing and Interpreting Dietary Data</div></div></div></div>                   | <div><div>• 3 Nutritional Analysis and Interpretation Techniques — 5 classes</div><div><div>› 3.1 Understanding Nutritional Analysis Principles</div><div>› 3.2 Exploring Dietary Assessment Methods</div><div>› 3.3 Interpreting Nutritional Data Accurately</div><div>› 3.4 Applying Nutritional Analysis Tools</div><div>› 3.5 Evaluating Dietary Patterns for Health Outcomes</div></div><div><div>• 4 Applying Dietary Assessment in Personalized Coaching — 5 classes</div><div><div>› 4.1 Exploring the Basics: Understanding Dietary Assessment Tools</div><div>› 4.2 Gathering Data: Conducting a Dietary Recall Interview</div><div>› 4.3 Analyzing Patterns: Interpreting Dietary Assessment Results</div><div>› 4.4 Customizing Diet Plans: Using Data to Create Personalized Recommendations</div><div>› 4.5 Reflecting on Progress: Evaluating the Effectiveness of Personalized Coaching</div></div></div></div> |

• **1 Understanding Basic Nutritional Science** — 5 classes

- › 1.1 Explore Macronutrients: Understanding Their Roles and Sources
- › 1.2 Analyze Micronutrients: Importance and Daily Requirements
- › 1.3 Evaluate Nutritional Labels: Decoding Information for Better Choices
- › 1.4 Identify Dietary Needs: Tailoring Nutrition to Individual Goals
- › 1.5 Apply Nutritional Science: Creating Balanced Meal Plans

• **2 Principles of a Balanced Diet** — 5 classes

- › 2.1 Understanding Macronutrients and Their Roles
- › 2.2 Identifying Essential Micronutrients
- › 2.3 Recognizing Healthy Sources of Nutrients
- › 2.4 Balancing Food Groups for Optimal Health
- › 2.5 Designing a Personalized Balanced Diet Plan

• **3 Energy Systems and Metabolism** — 5 classes

- › 3.1 Exploring Human Energy Systems: An Overview
- › 3.2 Understanding ATP: The Energy Currency of Cells
- › 3.3 Analyzing Aerobic vs Anaerobic Metabolism
- › 3.4 Investigating Energy Pathways During Exercise
- › 3.5 Applying Nutrition Principles to Optimize Metabolic Performance

• **4 Integrating Nutrition with Fitness Routines** — 5 classes

- › 4.1 Understanding Macronutrients and Their Role in Fitness
- › 4.2 Analyzing the Impact of Micronutrients on Workout Performance
- › 4.3 Designing Nutrition Plans for Different Fitness Goals
- › 4.4 Exploring Timing and Frequency of Meals Around Workouts
- › 4.5 Integrating Supplements Safely with Fitness Regimens

• **1 Understanding Basic Nutrients: The Building Blocks of Nutrition**

— 5 classes

- › 1.1 Identifying Macronutrients: Exploring Carbohydrates, Proteins, and Fats
- › 1.2 Recognizing Micronutrients: Vitamins and Minerals Essentials
- › 1.3 Understanding Water's Role: Hydration and Its Nutritional Importance
- › 1.4 Exploring Nutrient Functions: How Nutrients Fuel Body Processes
- › 1.5 Applying Nutritional Knowledge: Analyzing Daily Nutritional Needs

• **2 Digestion and Metabolism: How the Body Utilizes Nutrients** — 5

classes

- › 2.1 Understanding the Digestive Process: From Ingestion to Absorption
- › 2.2 Exploring Nutrient Breakdown: How the Body Processes Macronutrients
- › 2.3 Decoding Metabolic Pathways: Energy Production and Storage
- › 2.4 Examining the Role of Enzymes in Digestion and Metabolism
- › 2.5 Apply Nutrient Utilization: Strategies for Enhancing Athletic Performance

• **3 Nutrition and Energy Balancing: Understanding Caloric Needs** —

5 classes

- › 3.1 Explore the Basics of Caloric Needs
- › 3.2 Understand Macro and Micronutrients in Energy Balance
- › 3.3 Calculate Daily Caloric Requirements
- › 3.4 Analyze Metabolic Rate Variations
- › 3.5 Apply Caloric Knowledge to Meal Planning

• **4 Nutritional Considerations for Fitness and Performance** — 5

classes

- › 4.1 Understanding Macronutrients for Optimal Fitness
- › 4.2 Exploring the Role of Micronutrients in Performance
- › 4.3 Analyzing Energy Systems and Nutritional Demands
- › 4.4 Designing Pre- and Post-Workout Meal Plans
- › 4.5 Evaluating Supplements for Enhanced Athletic Performance

• **1 Understanding Macronutrients and Micronutrients** — 5 classes

- › 1.1 Exploring the Role of Macronutrients in Energy Provision
- › 1.2 Identifying Sources and Functions of Micronutrients
- › 1.3 Analyzing the Balance of Macronutrient Ratios in Meal Planning
- › 1.4 Assessing Micronutrient Deficiencies and Their Impact on Health
- › 1.5 Integrating Macronutrient and Micronutrient Knowledge into Nutrition Plans

• **2 Energy Balance and Nutritional Needs** — 5 classes

- › 2.1 Understanding Energy Balance: Core Concepts and Definitions
- › 2.2 Exploring Nutritional Needs Across Different Population Groups
- › 2.3 Calculating Your Personal Energy Expenditure and Requirements
- › 2.4 Analyzing Macronutrient Distribution: Balancing Fats, Proteins, and Carbohydrates
- › 2.5 Crafting a Nutrition Plan: Applying Energy Balance and Needs Assessment

• **3 Meal Planning for Different Fitness Goals** — 5 classes

- › 3.1 Understanding Fitness Goals and Their Nutritional Demands
- › 3.2 Crafting Balanced Meal Plans for Weight Loss
- › 3.3 Designing Meals to Support Muscle Gain
- › 3.4 Customizing Nutrition for Endurance Training
- › 3.5 Adapting Meal Plans to Fitness Progress and Changes

• **4 Nutritional Strategies and Habit Building** — 5 classes

- › 4.1 Understanding Nutritional Needs and Goals
- › 4.2 Creating Balanced Meal Plans
- › 4.3 Implementing Nutritional Habits
- › 4.4 Adapting Strategies for Diverse Lifestyles
- › 4.5 Monitoring Progress and Adjusting Plans

**• 1 Understanding the Science of Weight Management** — 5 classes

- › 1.1 Exploring the Basics of Energy Balance
- › 1.2 Examining the Role of Macronutrients in Weight Management
- › 1.3 Identifying Factors Influencing Metabolism and Weight
- › 1.4 Analyzing Psychological and Behavioral Aspects of Weight Management
- › 1.5 Applying Scientific Principles to Create Effective Weight Management Plans

**• 2 Dietary Approaches to Weight Management** — 5 classes

- › 2.1 Understanding Caloric Deficit and Surplus
- › 2.2 Analyzing Macronutrient Ratios for Weight Goals
- › 2.3 Implementing Portion Control Techniques
- › 2.4 Exploring the Role of Hydration in Weight Management
- › 2.5 Developing a Personalized Meal Plan

**• 3 Psychological Aspects of Weight Management** — 5 classes

- › 3.1 Understanding the Psychology Behind Eating Behaviors
- › 3.2 Identifying Emotional Triggers in Weight Management
- › 3.3 Developing Mindful Eating Practices
- › 3.4 Implementing Cognitive Behavioral Techniques for Weight Control
- › 3.5 Creating Sustainable Behavior Change Plans

**• 4 Developing Personalized Weight Management Plans** — 5 classes

- › 4.1 Understanding Client Needs and Goals
- › 4.2 Analyzing Baseline Data for Weight Management
- › 4.3 Designing Personalized Diet Plans
- › 4.4 Integrating Exercise into Weight Management
- › 4.5 Monitoring and Adjusting Plans for Success