

**DIET AND NUTRITION: BEGINNER TO ADVANCED**

**COURSECODE: MOOCFOT-A01**

**DURATION: 6 Weeks.**

**Course Prerequisites:**

Willingness to help and motivate others to eat health & diet correctly

**Course Outcomes:**

1. Design weight loss & muscle growth diets
2. Help other lose fat & build muscle
3. Assess clients and determine fitness levels
4. Understand the fundamentals of proper nutrition
5. Build and grow a coaching business

**Course Description:**

You will learn everything you need to know about the fundamentals of good meal Plans and how to design your very own for you or your clients. This course enables you to learn the appropriate diet for health and losing weight but gaining muscle.

**COURSE DETAILS**

**MODULE 1: (Nutrition Theory)**

**TOPIC 1: (Introduction Nutrition Theory)**

Lecture 1.1: (Everything You Need to Know About Calories, Protein, Carbs & Fat)

Lecture 1.2: (How to Determine Your Optimal Calorie Intake)

Lecture 1.3: (Protein, Carb & Fat Digestion)

**MODULE 2: (Helping Clients Lose Weight)**

**TOPIC 1: (Helping Clients Lose Weight)**

Lecture 1.1: (How to Create Diets for Weight Loss)

Lecture 1.2: (Meal Planning?)

Lecture 1.3: (How to Break Through Weight Loss Plateaus?)

**MODULE 3: (Helping Clients Build Muscle)**

**TOPIC 1: (Helping Clients Build Muscle)**

Lecture 1.1: (How to Create Diets for Muscle Gains?)

Lecture 1.2: (When to Eat for Optimal Results? (Pre- & Post-Workout Meals))

**MODULE 4: (Diet Trends Explained :)**

**TOPIC 1: (Diet Trends Explained :)**

Lecture 1.1: (Gluten Free and Low Carb Diet)

Lecture 1.2: (Paleo Dieting, Intermittent Fasting, Vegan Diet, Ketogenic Diets)

**MODULE 5: (Vitamins & Minerals :)**

**TOPIC 1: (Vitamins & Minerals :)**

Lecture 1.1: (Vitamins, Minerals, their role & deficiency)

Lecture 1.2: (Role of water and its intake)

**MODULE 6: (Supplements (If You Really Need them) :)**

**TOPIC 1: (Supplements (If You Really Need them) :)**

Lecture 1.1: (Whey Proteins), WPI, WPC

Lecture 1.2: (Creatine)

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