



Certified Fitness Nutrition Coach (CFNC)

Introduction:

The Certified Fitness Nutrition Coach is designed to provide the modern fitness professional or fitness enthusiast with an in-depth knowledge of key nutrition and dietary concepts and to apply this knowledge in an effective, client-focused manner

Structure:

It is recommended that the full course be completed within 8 weeks. The course manual is divided into 10 chapters. This same structure is followed throughout all the online learning materials as well to ensure consistency and simplicity of information. The course content follows a carefully planned order:



- Chapters 1-3 provide a comprehensive theoretical foundation to several essential nutritional topics.
- Chapters 4-7 teach the student how to apply their nutritional knowledge to the 4 most common dietary objectives related to health and fitness.
- Chapters 8-9 discuss how to perform effective dietary analysis and how to coach clients successfully in the needed diet and behavior change.
- Chapter 10 provides a useful reference to a range of legal ergogenic supplements.

Assessments include:

- Attend 75% of the total course time
- Attain a pass mark of 70% on the final exam and applied case study.
- In addition to the assessments, a minimum of 90% of all online content, lessons, and videos, must be read and watched to meet the criteria for successful certification.

Course fee: HKD 6,000

Course Duration: 30 hours

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