

## NUTRITION COACH SPECIALTY CERTIFICATION

Section One:  
The Six Essential  
Nutrients

Section Two:  
The Dietary  
Guidelines for  
Americans

Section Three:  
Dietary  
Supplements &  
Popular Diets

Section Four:  
Influencing  
Behavior  
Change

Section Five:  
Motivational  
Interviewing

Section Six:  
Scope of  
Practice

Wrapping Up &  
Exam  
Information

Select a square to view a topic.

1

## COURSE OBJECTIVES

- A review of the essential nutrients with application to supporting physical activity levels as part of a healthy lifestyle
- A review of the Dietary Guidelines for Americans
- The ability to educate on dietary supplements including labeling, regulation, and possible adverse effects
- An overview of popular diets, with proposed benefits and risks
- Skills to influence nutrition habits through motivational interviewing
- An understanding of scope of practice for fitness professionals

3

## SECTION ONE OVERVIEW

5

## VITAMINS AND ENERGY PRODUCTION

Vitamins, specifically water-soluble Vitamin C and B Vitamins, play multiple roles in metabolism and energy production.

Adequate intake will aid in maintaining energy; however excess intake has not shown to improve performance.

Consider ALL the sources, including food, multivitamins, energy drinks, etc.

23

## PERFORMANCE ENHANCING SUPPLEMENTS

### CREATINE

- 95% of the body's stored creatine is in the skeletal muscle tissue
- Creatine can be ingested through the diet or synthesized by the amino acids arginine, glycine, and methionine
- Dietary FOOD sources of creatine include fish and animal products such as cod, beef, herring, pork, salmon, and tuna

### HUMAN GROWTH HORMONE

57

## FACTORS INFLUENCING FOOD CHOICES

70