

NUTRITION COACHING

Online Course



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NutritionRx + Two-Brain Coaching



COURSE CURRICULUM

Lesson 1: Becoming a Great Nutrition Coach

Lesson 2: Coaching for Deep Health

Lesson 3: Coaching Ethically and Professionally, within your Scope of Practice

Mentoring Call 1: (60 minutes) 1-on-1 coaching/training with a Registered Dietitian

Lesson 4: Helping People Change Behaviour & Motivational Interviewing Techniques

Lesson 5: What Does the “Best” Nutrition Plan Look Like?

Lesson 6: The Digestive Tract – How It Works

Lesson 7: Energy Metabolism, and Energy Systems in Use When Exercising

Lesson 8: Calories In vs. Calories Out (is it really that simple, or is there more to the equation?)

Lesson 9: Macronutrients (Carbs, Protein, and Fats)

Lesson 10: Micronutrients (Vitamins and Minerals)

Lesson 11: Water / Fluid Balance

Lesson 12: Stress, Recovery, and Sleep

Lesson 13: Anatomy of an Amazing Nutrition Appointment

Mentoring Call 2: (60 minutes) 1-on-1 coaching/training with a Registered Dietitian

Lesson 14: Level 1 Nutrition Strategies: working with beginners

Lesson 15: Level 2 Nutrition Strategies: working with intermediate clients and athletes

Lesson 16: Level 3 Nutrition Strategies: working with advanced and elite individuals

Lesson 17: Cost of Getting Lean: benefits and trade-offs

Lesson 18: Special Populations

Lesson 19: Mastering Your Nutrition Counselling Skills

Lesson 20: Building Your Nutrition Business

Mentoring Call 3: (60 minutes) 1-on-1 coaching/training with a Registered Dietitian