

Course Description

Discover the science behind the roles of carbohydrates, proteins and fats in the human body. Learn about the best sources of vitamins and minerals, and the ways in which your body uses them.

This course will help you understand more about the types of food necessary to build muscle and what foods can help you easily lose weight. You will learn how nutrition affects health and how a properly balanced diet can prevent heart disease, obesity, high cholesterol and other harmful health problems.

This course has been designed by some of the world's most experienced and qualified instructors, who are experts in their fields. The course lectures are recorded on quality HD video, allowing you to have full control over your learning process.

Key Learning Points

- Nutrition - Learn about vitamins and minerals and how your body absorbs and uses them.
- Health – Learn how a well-balanced diet can prevent serious health conditions such as heart disease, obesity, diabetes and cancer.
- Diet - Learn what foods to eat as part of a balanced diet, and which types of foods you should consider as part of a carefully calculated weight loss plan.

How you will benefit from this course:

- An enhanced understanding of diet and nutrition
- Access cutting edge information from diet and nutrition experts
- Improve your own general health and well-being
- Advance your career prospects
- Lose weight, look and feel great by understanding your body type and the dietary needs associated with it
- Conveniently learn at your own pace and fully understand each principle

Who Is This Course For?

This course is the perfect foundation for anyone considering a career as a nutritionist and is a useful tool to progress to more advanced learning. It's also valuable for Personal Trainers who are looking to add value to their gym training programmes.

Course Assessment Process

When you are ready, you will take an online assessment. We provide fun interactive quizzes after each module to ensure you're fully prepared for the real thing. Once you've passed with at least 80%, you'll be awarded your certificate.

Got a question about assessments? **Contact our course advisors by email or by phone on 01707 828 751. We're happy to help!**

Requirements

Our training works on all Internet connected devices including Mobile phones, iPad's, Android tablets, Macs and PC's.