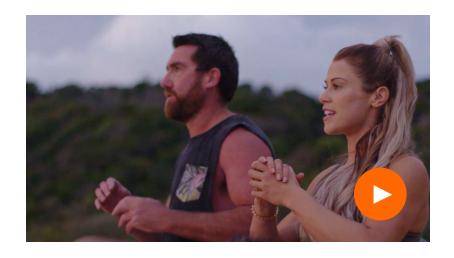
LEARNING LOUNGE

Fitness & Nutrition Info Pack

Industry Mentor
Series – Fitness &
Nutrition:
Introduction to
Miranda Leedan



Industry Mentor Series
- Fitness & Nutrition:
What causes emotional
eating?



Industry Mentor
Series - Fitness:
How to run a successful
PT business



Fitness & Nutrition

Assessing a Persons Current Diet

Assessing Client Needs and Fitness Levels

Basic Nutritional Principles

Beginning your Business with the End in Mind

Biomechanics for Strength and Conditioning

Carbohydrate Loading

Planning and Teaching Circuit Classes

Developing Exercise Programs

Exercise Considerations for Specific Population Groups

Gym Equipment Use and Maintenance

Health Screening and Referral Process

Instructing Exercise for Children and Adolescents

Instructing Exercise for Older Adults

Instructing Exercise Programs

Programming for Strength and Conditioning

Insurance and Registration Requirements for your Fitness Business

Intermittent Fasting

Ketogenic Diet

Looking After Your Clients

Marketing Your Personal Training Business

Musculoskeletal Anatomy and Physiology

Nutrition - Balancing Extremes

Nutrition for Before, During, and After Exercise

Nutritional Recommendations for Weight Loss

Operating a Small Fitness Business

Programming for Strength and Conditioning

Running a Successful Business Day to Day

Selling your Services

Sports Injuries and Injury Management

The Anabolic Nutrient Timing Factor Nutrition for Muscle Growth

The Basics of Sports and Health Supplements

The Importance of Hydration Before, During and After Exercise

Understanding Finance for the Fitness Professional

Understanding Fitness Industry Employment Agreements and Contracts

Understanding Heart Rate Variability



Understanding Heart Rate Variability

Understanding How the Body Uses Nutrients as Fuel for Energy

Understanding Nutritional Deficiencies and Common Nutritional Intolerances

Building Meal Plans

Professional and legal requirements of fitness professional

Industry Mentor Series: Introduction to Miranda Leeden (Fitness)

Industry Mentor Series: Essential Business Skills of a PT

Industry Mentor Series: How to Plan an Exercise Program

Industry Mentor Series: How to Run a Successful PT Business

Instructor Series: Fitness & Nutrition - What is Biomechanics?

Instructor Series: Fitness & Nutrition - What is health screening?

Industry Mentor Series: Nutrition - De-bunking Breakfast Habits

Instructor Series: Nutrition- Easy, Healthy Lunch Recipes

Instructor Series: Nutrition - Smarter Food Habits & Lunch Ideas

Instructor Series: Nutrition - Easy, Healthy Dinner Recipes

Instructor Series: Nutrition - Healthy Snack Ideas

Instructor Series: Nutrition - Easy, Healthy Breakfast Recipes

Instructor Series: Nutrition - How do you make healthy choices?

Industry Mentor Series: Fitness - Gym Culture

Instructor Series: Nutrition - What is food frequency?

Industry Mentor Series: Nutrition - How much time do you spend thinking about food?

Industry Mentor Series: Fitness & Nutrition - How do you motivate your clients?

Industry Mentor Series: Nutrition - How do you help clients with potential

eating disorders?

Industry Mentor Series: Nutrition - Helping Clients to Loose Weight

Instructor Series: Nutrition - How do you understand food labels?

Instructor Series: Nutrition - The Benefits of Vitamins

Instructor Series: Nutrition - Are supplements useful?

Instructor Series: Nutrition - What is a dietary assessment?

Instructor Series: Nutrition - What are the pros and cons of a ketogenic diet?

Fitness - How important is empathy as a personal trainer?

Instructor Series: Nutrition - What is the 5-2 diet?

Instructor Series: Nutrition - Why is hydration so important?

Instructor Series: Nutrition - What is Intermittent fasting?



Best Selling Course Bundles

Checkout our recommended Course Bundles and Certifi ate Courses, created by combining Micro-Credential (topics) available in this category library.

















Course Bundles and Certificate Courses Breakdown

Exactly which Micro-Credential (topics) have been used in each Course Bundle or Certifi ate.

PERSONAL TRAINING AND **NUTRITION BUSINESS BUNDLE**

Module 1

Assessing a Persons Current Diet

Basic Nutritional Principles

Writing Meal Plans

Carbohydrate Loading

Intermittent Fasting

Ketogenic Diet

Nutrition - Balancing Extremes

Nutrition for Before, During, and After Exercise

Nutritional Recommendations for Weight Loss

The Anabolic Nutrient Timing Factor Nutrition for Muscle Growth

The Basics of Sports and Health Supplements

The Importance of Hydration Before, During and After

Understanding How the Body Uses Nutrients as Fuel for

Understanding Nutritional Deficiencies and Common **Nutritional Intolerances**

Beginning your Business with the End in Mind

Looking After Your Clients

Operating a Small Fitness Business

Running a Successful Business Day to Day

Insurance and Registration Requirements for your **Personal Training Business**

Marketing Your Personal Training Business

Understanding Finance for the Fitness Professional

Module 3

Assessing Client Needs and Fitness Levels

Biomechanics for Strength and Conditioning

Circuit Training

Developing Exercise Programs

Exercise Considerations for Specific Population Groups

Gym Equipment Use and Maintenance

Health Screening and Referral Process

Instructing Exercise for Children and Adolescents

Instructing Exercise for Older Adults

Instructing Exercise Programs

Instructing Strength and Conditioning Programs

Musculoskeletal Anatomy and Physiology

Selling your Services

Sports Injuries and Injury Management

Programming for Strength and Conditioning

Understanding Fitness Industry Employment Agreements and Contracts

Understanding Heart Rate Variability

This bundle is made up of these courses:

Certificate in Nutrition and Business

Certificate in Personal Training

CERTIFICATE IN NUTRITION AND BUSINESS

Module 1

Assessing a Persons Current Diet

Basic Nutritional Principles

Writing Meal Plans

Carbohydrate Loading

Intermittent Fasting

Ketogenic Diet

Nutrition - Balancing Extremes

Nutrition for Before, During, and After Exercise

Nutritional Recommendations for Weight Loss

The Anabolic Nutrient Timing Factor Nutrition for Muscle Growth

The Basics of Sports and Health Supplements

The Importance of Hydration Before, During and After

Understanding How the Body Uses Nutrients as Fuel for

Understanding Nutritional Deficiencies and Common **Nutritional Intolerances**

Module 2

Beginning your Business with the End in Mind

Looking After Your Clients

Operating a Small Fitness Business

Running a Successful Business Day to Day

Insurance and Registration Requirements for your Personal Training Business

Marketing Your Personal Training Business

Understanding Finance for the Fitness Professional





Course Bundles and Certificate Courses Breakdown

Exactly which Micro-Credential (topics) have been used in each Course Bundle or Certifi ate.

ADVANCED FITNESS NUTRITION CERTIFICATE

Nutrition - Balancing Extremes

Nutrition for Before, During, and After Exercise

Nutritional Recommendations for Weight Loss

The Importance of Hydration Before, During and After Exercise

The Anabolic Nutrient Timing Factor Nutrition for Muscle Growth

The Basics of Sports and Health Supplements

Writing Meal Plans

Intermittent Fasting

Ketogenic Diet

Carbohydrate Loading

Assessing a Persons Current Diet

FITNESS & PERSONAL TRAINING CAREER SAMPLER

Assessing Client Needs and Fitness Levels

Programming for Strength and Conditioning

Understanding How the Body Uses Nutrients as Fuel for Energy

Looking After Your Clients

Developing Exercise Programs

CERTIFICATE IN PERSONAL TRAINING

Assessing Client Needs and Fitness Levels

Biomechanics for Strength and Conditioning

Circuit Training

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Exercise Considerations for Specific Population Groups

Gym Equipment Use and Maintenance

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Musculoskeletal Anatomy and Physiology

Selling your Services

Sports Injuries and Injury Management

Programming for Strength and Conditioning

Understanding Fitness Industry Employment Agreements and Contracts

Understanding Heart Rate Variability

OPERATING A SMALL FITNESS BUSINESS CERTIFICATE

Beginning your Business with the End in Mind

Insurance and Registration Requirements for your Personal Training Business

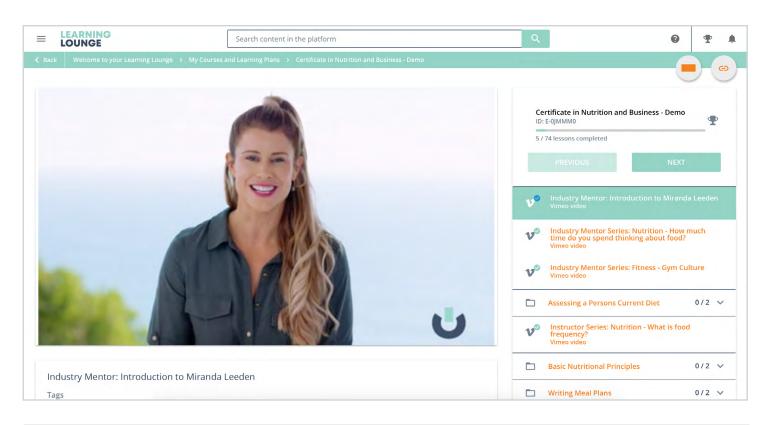
Marketing Your Personal Training Business

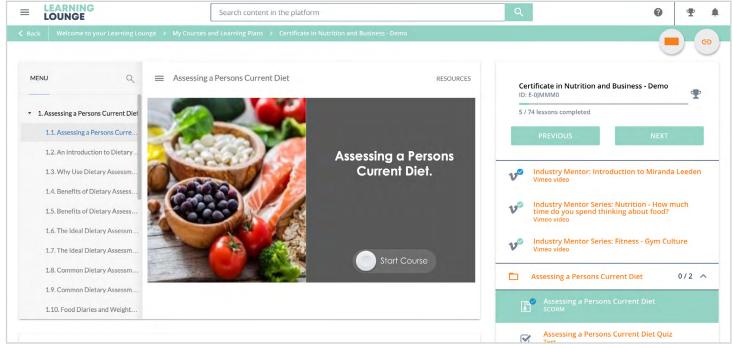
Operating a Small Fitness Business

Running a Successful Business Day to Day

Selling your Services

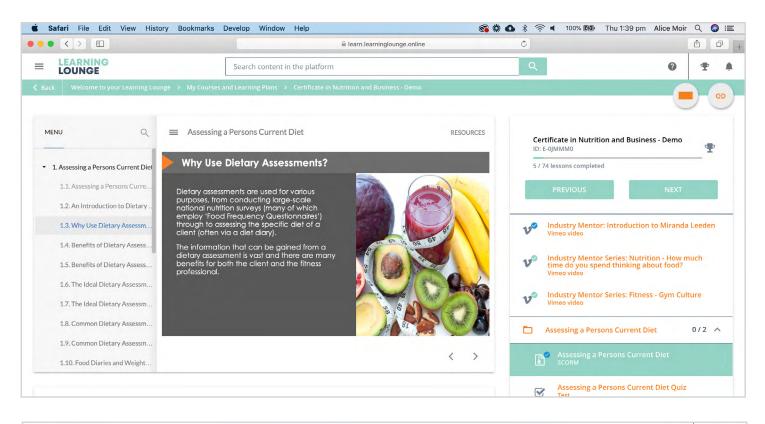


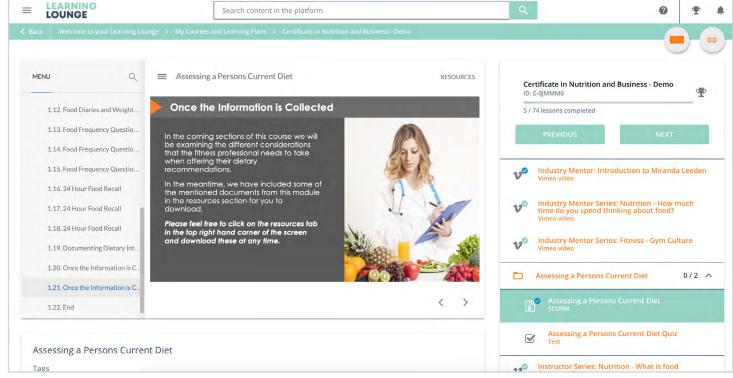






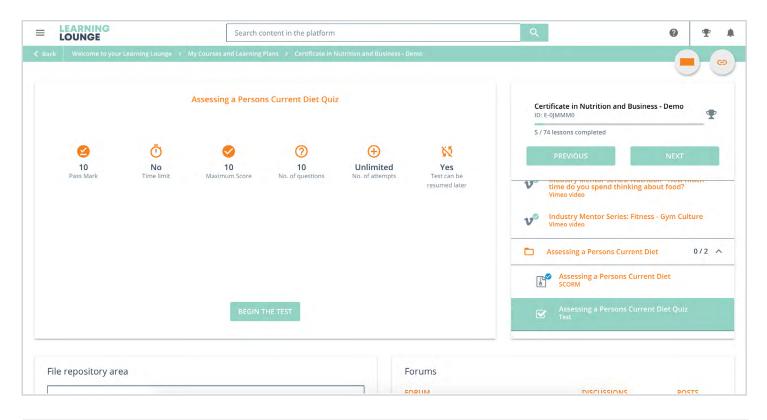


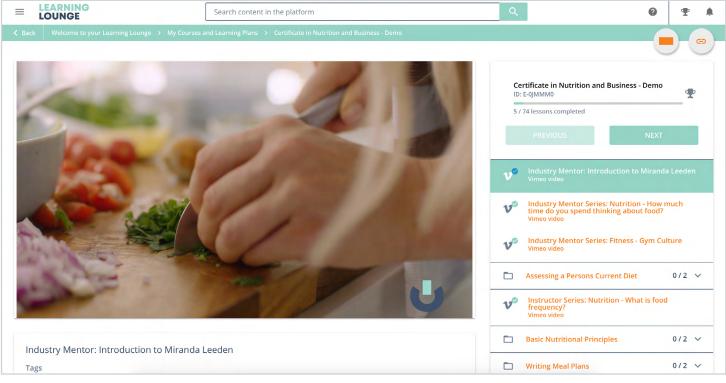














What next?

Please contact to arrange a meeting for further discussions.

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