

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 Certificate 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 Certificate.

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 Exercise
Understanding How the Body Uses Nutrients as Fuel for Energy
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
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 Exercise
Understanding How the Body Uses Nutrients as Fuel for Energy
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 Certificate.

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
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
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

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Industry Mentor: Introduction to Miranda Leeden

Tags

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PREVIOUS NEXT


- Industry Mentor: Introduction to Miranda Leeden Vimeo video
- Industry Mentor Series: Nutrition - How much time do you spend thinking about food? Vimeo video
- Industry Mentor Series: Fitness - Gym Culture Vimeo video
- Assessing a Persons Current Diet 0 / 2
- Instructor Series: Nutrition - What is food frequency? Vimeo video
- Basic Nutritional Principles 0 / 2
- Writing Meal Plans 0 / 2

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MENU **Assessing a Persons Current Diet** **RESOURCES**

- 1. Assessing a Persons Current Diet
 - 1.1. Assessing a Persons Curre...
 - 1.2. An Introduction to Dietary ...
 - 1.3. Why Use Dietary Assessm...
 - 1.4. Benefits of Dietary Assess...
 - 1.5. Benefits of Dietary Assess...
 - 1.6. The Ideal Dietary Assessm...
 - 1.7. The Ideal Dietary Assessm...
 - 1.8. Common Dietary Assessm...
 - 1.9. Common Dietary Assessm...
 - 1.10. Food Diaries and Weight...



Assessing a Persons Current Diet.

Start Course

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- Assessing a Persons Current Diet 0 / 2
- Assessing a Persons Current Diet SCORM
- Assessing a Persons Current Diet Quiz Test

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MENU


- 1. Assessing a Persons Current Diet
 - 1.1. Assessing a Persons Current Diet
 - 1.2. An Introduction to Dietary Assessments
 - 1.3. Why Use Dietary Assessments?
 - 1.4. Benefits of Dietary Assessments
 - 1.5. Benefits of Dietary Assessments
 - 1.6. The Ideal Dietary Assessment
 - 1.7. The Ideal Dietary Assessment
 - 1.8. Common Dietary Assessments
 - 1.9. Common Dietary Assessments
 - 1.10. Food Diaries and Weight Management

Assessing a Persons Current Diet RESOURCES

Why Use Dietary Assessments?

Dietary assessments are used for various purposes, from conducting large-scale national nutrition surveys (many of which employ 'Food Frequency Questionnaires') through to assessing the specific diet of a client (often via a diet diary).

The information that can be gained from a dietary assessment is vast and there are many benefits for both the client and the fitness professional.



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MENU

- 1.12. Food Diaries and Weight Management
- 1.13. Food Frequency Questionnaires
- 1.14. Food Frequency Questionnaires
- 1.15. Food Frequency Questionnaires
- 1.16. 24 Hour Food Recall
- 1.17. 24 Hour Food Recall
- 1.18. 24 Hour Food Recall
- 1.19. Documenting Dietary Intake
- 1.20. Once the Information is Collected
- 1.21. Once the Information is Collected
- 1.22. End


Assessing a Persons Current Diet RESOURCES

Once the Information is Collected

In the coming sections of this course we will be examining the different considerations that the fitness professional needs to take when offering their dietary recommendations.

In the meantime, we have included some of the mentioned documents from this module in the resources section for you to download.

Please feel free to click on the resources tab in the top right hand corner of the screen and download these at any time.



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Assessing a Persons Current Diet 0 / 2

Assessing a Persons Current Diet SCORM

Assessing a Persons Current Diet Quiz Test

Instructor Series: Nutrition - What is food

Assessing a Persons Current Diet
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Assessing a Persons Current Diet Quiz

10 Pass Mark	No Time limit	10 Maximum Score	10 No. of questions	Unlimited No. of attempts	Yes Test can be resumed later
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BEGIN THE TEST

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- Industry Mentor Series: Fitness - Gym Culture Vimeo video
- Assessing a Persons Current Diet 0 / 2 ^
- Assessing a Persons Current Diet SCORM
- Assessing a Persons Current Diet Quiz Test


File repository area

Forums

FORUM DISCUSSIONS POSTS

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- Basic Nutritional Principles 0 / 2 v
- Writing Meal Plans 0 / 2 v

Industry Mentor: Introduction to Miranda Leeden

Tags

What next?

*Please contact to arrange a meeting
for further discussions.*

*Cheryl Quang
COO*

*cheryl@onlinecoursesaus.com.au
M: 0406 422 727*

Peter Dick

*Director of Business Development
pete@learninglounge.online
M: 0409 376 618*