

# Health Coach

## LEARNING OBJECTIVES



We've all heard the same advice: Move your body. Eat your fruits and veggies. Don't go overboard with sweets. But in a world that moves pretty fast, most of us are just doing what we can to keep up. Which probably includes ignoring the gym and eating more fast food than we should. Maybe even skipping meals altogether. Health coaches provide the motivation people need to take their common-sense knowledge and turn it into effective action. And with the right training, *you* could be a catalyst for change in your community. This course is packed with extensive content that will make you an authority on the topics of health and wellness.

### **Introduction to Nutrition for Health, Fitness, and Sports Performance**

- Discuss the importance of proper nutrition and exercise in overall health.

### **Healthful Nutrition**

- Learn the classes of nutrients.
- Review guidelines for healthy eating, food labeling.
- Learn about food allergies and intolerance.

### **Human Energy**

- Get familiar with the energy storage, production, and usage functions in the human body.

### **Carbohydrates - the Main Energy Food**

- Discuss the function of carbohydrates in the body.

### **Fat - Exercise Energy Source**

- Discuss the role and dangers of fat in the body.

### **Protein - the Tissue Builder**

- Discuss proteins, sources of protein, and the importance of protein.

### **Vitamins**

- Discuss the types of vitamins and the benefits of vitamins.

### **Minerals**

- Discuss types of minerals and the importance of minerals.

### **Water, Electrolytes, and Temperature**

- Discuss body temperature regulation and the importance of water and electrolytes.

### **Body Weight and Composition**

- Discuss healthy body weight.

### **Weight Management**

- Discuss approaches to weight loss and weight management.

### **Food Drugs and Supplements**

- Discuss the various types of food supplements and drugs, and the benefits associated with each.