

# Nutritional Coach

## INDUSTRY FACTS



### What do nutrition coaches do?

Nutritional coaches are an inspiration for those who need help tweaking their diet and/or developing an exercise routine to meet their individual

goals. They lead, instruct, and motivate.

Here's a breakdown of their responsibilities:

- Teaching proper fitness and nutrition habits
- Observing clients' exercise routines and tracking their progress
- Developing fitness/meal plans based on client's needs and goals

### Where do they work?

Nutritional coaches work in a variety of facilities such as health clubs, fitness centers, yoga studios, and even client homes.

### How much do they earn?

According to the U.S. Bureau of Labor and Statistics, the average salary for nutrition coaches is just over \$30,000 per year. Remember that salaries vary based on facility and experience level. While location plays a role in salary potential, most states don't stray too far from the national average—so you can expect the same range regardless of where you live.

### How's the job outlook?

Employment of nutritional coaches is projected to grow 11% through 2028, much faster than other occupations. And as people and businesses (across all industries) start prioritizing health, the need for folks with exceptional knowledge in the field will just continue to grow.

"I have truly enjoyed my experience with CareerStep. Their programs allow you to work on your studies on your own time, which is fantastic for busy moms like myself. If I have ever run into problems with anything, all I have to do is text someone from learner support and they are there to help me."

**JENNIFER, CAREERSTEP LEARNER**

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## PROGRAM DETAILS

### Improve Your Life

When it comes to career training, you'll find a lot of posers out there. Con artists that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success. All it takes is a little push. A nudge in the right direction—and your whole life could change. New doors opened. New worlds discovered. New opportunities explored.

### Prepare For A Better Job

Healthy habits are hard to develop. Ditching fast food for nutritious greens, throwing heavy things around in the gym or running a mile instead of binge-watching the latest Netflix original series ... The struggle is real. Nutritional coaches provide the motivation people need to get off the couch, start moving, and swap those greasy burgers for salads. And with the right training, you could be the one people turn to when they're ready to make a lifestyle change.

### Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- Study on a schedule that fits your life
- Progress at a pace that matches your learning style
- Adjust the time and effort you devote to your coursework each day

### Receive Coaching and Guidance

When you train with CareerStep, we back you every step of the way—from signup through course completion.

- Learner support
- Technical support
- Career support

### Program Outline

#### Course

Program Orientation: Nutritional Coach

Foundations of Health and Fitness

Foundations of Nutrition

Communication and Customer Service in the Healthcare Office

HIPAA

Coaching Methods and Applications

Health Promotion and Behavior

Conduct and Core Competencies of Coaching

Program Completion: Nutritional Coach

**TOTAL HOURS: 331**

**Didactic, Simulations, and Experiential**