

Unit 1: Fundamentals of Nutrition & Weight Management

1. Understanding Diet, Nutrition, and Health on a Practical Level
 2. Understanding Types of Nutrients, Macro and Micronutrients, and Their Functions to Heal Clients and Make a Diet Plan
 3. Breaking Myths of Carbs, Proteins, and Fats
 4. What Oil Should Be Used?
 5. Is Refined Oil Really Bad?
 6. Effects of Deficiency and Excess/Toxicity of Vitamins and Minerals
 7. Water and Daily Requirements for Different Stages of Life
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Unit 2: Diet Planning Formulas and Methods

8. Science Behind Energy Balance, Weight Loss, and Weight Gain

9. Key Causes and Principles of Weight Management (Weight Loss and Weight Gain)
10. Metabolism and How to Improve It for Better Results (Real-Life Scenarios)

Annexure and Bonus

11. How to Prevent Metabolic Adaptation and Make Progress with Health Goals (Weight Loss and Weight Gain)
12. Daily Use of Supplements – Yes or No
13. Performance-Enhancing Supplements
14. Formulas for Diet Plans
15. Different Methods for Diet Plans
16. What Is the Best Diet Plan?
17. Steps for Diet Plan

Practical

18. Practical 1: Diet Plan
19. Practical 2: Diet Plan

Includes

20. Important Diet Formulas (Modern and Commonly Used by Nutritionists)
21. How to Calculate Nutrients Inside a Food Item
22. Types of Food Groups
23. How to Know Nutrition Content in Them
24. Measuring the Amount and Quantity of Food Items
25. Easy Measurement at Home and in Big Families
26. ICMR – Recommended Daily Allowances for All Age Groups (Usage and Limitations of Charts)
27. Dieting Strategies, Goal Setting, and Tracking Progress
28. Popular Diets (Uses and Myths)
29. Tracking Progress
30. How to Win Client Trust and Provide Support

Case Studies

- 31. Sample Case Study: Diabetes
 - 32. Sample Case Study: PCOD
 - 33. Sample Case Study: Thyroid
 - 34. Sample Case Study: Weight Loss
 - 35. Sample Case Study: Weight Gain
 - 36. Sample Case Study: Constipation
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Unit 3: Special Population Menu Planning and Diet Counseling

- 37. Preconception Nutrition: Increasing Chances of Conceiving (Women and Men's Sexual Wellbeing)
- 38. Nutrition During Pregnancy and Postpartum
- 39. Exercise Considerations for Pregnancy
- 40. Common Myths and Problems During Pregnancy with Solutions
- 41. Lactation and Breastfeeding Mini-Workshop

- 42. Childhood Nutrition: From Infancy Weaning to Toddlers to School-Going Children
 - 43. Teenage, Adult, and Elderly Nutrition
 - 44. Diet Counseling and Client Fitness Assessment
 - 45. Code of Ethics for Dietitians
 - 46. ABCD of Counseling and Client Assessment Methods
 - 47. Guidelines for Counseling
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Unit 4: Exercise and Its Planning

- 48. Workout Equipment
- 49. Muscle Building and Hypertrophy
- 50. Resistance Training
- 51. Best Forms of Exercise: Aerobic Training vs. Weight Training
- 52. Pre- and Post-Workout Meals
- 53. Best Attire for Workouts
- 54. Pain, Muscle Soreness, and Injury Prevention During and After Workouts

55. Techniques for Relaxing Muscles, Exercise Selection, and Avoiding Exercise Mistakes

Unit 5: Therapeutic Nutrition

56. Therapeutic Nutrition: Healing Lifestyle, Metabolic, and Hormonal Diseases

57. Understanding Types of Diseases, Causes, and Levels of Prevention

58. Genetic, Environmental, or Lifestyle Disease Tendencies

59. Toxin Buildup and the Importance of an Anti-Inflammation Diet

60. Lifestyle Disorders: Insulin Resistance, Causes, Symptoms, Risks, and Prevention

61. Exercise and Nutrition Recommendations for Diabetes Management

62. Hormonal Disorders: PCOS and Thyroid (Symptoms, Causes, Nutrition, and Exercise Management)

Bonus

63. How to Age Gracefully and Reverse Aging:
Nutrition and Exercise Recommendations for
Skin, Hair, and Nails

Bonus Content

64. Digital Marketing

65. Applying Nutrition Knowledge in the Real
World

66. Skills to Build a Successful Career in the
Fitness Industry

67. Common Client Handling Mistakes

Plus 10 Levels

Practical Learning with Each Level to Boost
Confidence to Work in the Real World