

BTN Foundation Academy Syllabus

Welcome to the BTN Foundation Academy

Module 1 – Calorie balance and the fundamental principles of weight management

Here we introduce the overriding principles of health and the way in which nutrition is relevant to them. We discuss why weight management is so imperative for being in optimal health and then explain what is, and what is not, important for achieving this.

Module 2 – Macronutrients

The largest module on this course discusses the macronutrients: Protein, Carbohydrate and Fat. We fully describe their digestive fate from your mouth to your cells, and then explain the impact that eating the macronutrients in all of their diverse forms can have on your health and body composition. We round off this module with a simple method of estimating your needs or those around you.

Module 3 – Micronutrients

Arguably just as, if not more important at times, than the macronutrients are the micronutrients – vitamins and minerals. You know you need certain amounts already, and in this call we explain how those amounts were decided upon, what they are, and what happens if you don't get enough.

Module 4 – Fibre and Hydration

This module comes in two parts and discusses the final two parts of a healthy diet starting with hydration. How much water do you need, why, where does it go and what does it do in your body that is so important? More interestingly, what role do salts have in all of this and how does your body make sure there is always enough?

Next up is fibre. We talk you through all of the different forms of fibre and where they are found in your food before explaining exactly what it is that fibre does that is so important. Everyone says fibre is a good thing; and it can't just be about bowel movements, right?

Module 5 – Food Labels and Portion Control

It's not enough to know what you should eat in order to reach a certain goal, you also need to know how to do that. This module walks you through UK food labels, what everything means and how you can assess the suitability of a food to your overall plan. We then segue into the ways that you can portion food up on a plate to make sure you get all you need. Nutrition isn't just macronutrients and calories, it's buying, serving up and eating food; and you need to know both sides.

Module 6 – Food Tracking

"Watching what you eat" is a phrase that has been around a long time, but watching what you eat day to day is only half of the equation. In this module we show you different methods of recording different levels of data about your food intake and the results you get from this. We then show you how to translate the data you've collected into real world decisions.

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Module 7 – Sleep

Sleep: It makes up over 30% of your life, and the compulsion to sleep is one of the strongest natural urges we have after breathing – but why do we do it? What purpose does it serve, how does your brain ‘make you’ sleep, what is sleep anyway? And just as importantly, what does that have to do with nutrition?

Module 8 – Supplements

Module 8 sees us divert our attention to supplements. We talk over nutritional supplements and ergogenic aids; what they are, what works, how it works and if/why/how you should use it. In short, this call looks to describe and explain the overarching mechanism behind some of the most popular supplements on the market, before providing you with a process for determining whether or not you should invest in anything at all.

Module 9 – Habits

Habits aren’t just small behaviours like chewing your fingernails or cracking your knuckles, they are chunks of often complex actions grouped into one big process, and they make up an enormous amount of your life. In this module we explain what a habit is and how it forms in the brain before showing you exactly how these can make or break your nutritional approach. Finally, we give practical steps, not just to break habits, but to change them for the better.

Module 10 – Goal Setting

The final module on the Body Type Nutrition Academy covers goal setting. Now you know about nutrition you must be armed with the weapons for using it, and a tangible goal is one of the biggest guns available. Goals aren’t just arbitrary ‘nice to haves’ you pin to the fridge, they represent targets towards which your brain is evolved to point. Once you contemplate, define and set a highly specific goal, all you need to do is paint-by-numbers, and this module teaches you how to do just that while avoiding the pitfalls made by many unsuccessful gymgoers and dieters.