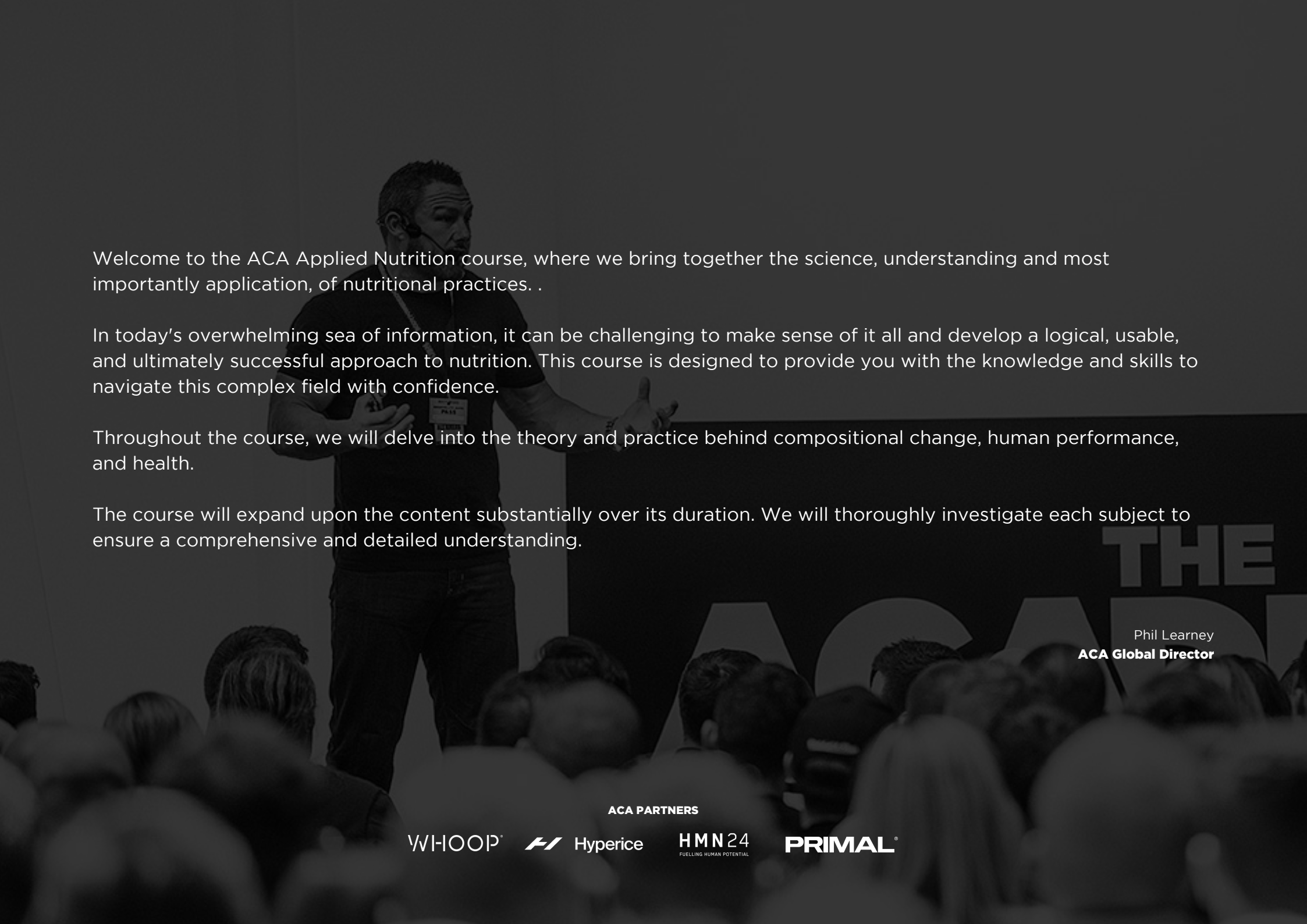


A woman with a headband and a white sports bra is smiling while preparing food in a kitchen. She is standing at a counter with various ingredients and a cutting board. The background shows a white wall with a grid of holes and wooden shelves.

**ACA** Coaching  
Academy

# APPLIED NUTRITION

CURRICULUM 2023



Welcome to the ACA Applied Nutrition course, where we bring together the science, understanding and most importantly application, of nutritional practices. .

In today's overwhelming sea of information, it can be challenging to make sense of it all and develop a logical, usable, and ultimately successful approach to nutrition. This course is designed to provide you with the knowledge and skills to navigate this complex field with confidence.

Throughout the course, we will delve into the theory and practice behind compositional change, human performance, and health.

The course will expand upon the content substantially over its duration. We will thoroughly investigate each subject to ensure a comprehensive and detailed understanding.

Phil Learney  
**ACA Global Director**

ACA PARTNERS

WHOOP®

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HMN24  
FUELLING HUMAN POTENTIAL

PRIMAL®

## **Content Delivery**

The ACA delivers all of its modular content via a state-of-the-art online learning platform. Content is provided in logical, linguistic, visual and audible mediums to ensure an individual's own learning style is catered for. The platform and support groups enable solitary or social learners to either work alone using self-study or gives the opportunity to learn in groups or with other people using our online community

## **Evidence Based Content**

All of the content within the ACA is, whenever possible derived from the best available evidence and systematic research. The ACA team have compiled, analysed and used objective evidence to design and bring together all of the modular and ongoing content alongside their own experience within their given fields.

## **Expert Instruction**

Watch and learn from world class practitioners with over a quarter of a centuries experience in their given fields. Learn from sports scientists, doctors, sports dieticians, human bioscientists and many others. The ACA brings some of the greatest mind in their appropriate fields to deliver new and innovative content.

## **Applied Evolving Knowledge**

All material is optimised for both practical and immediate application to ensure you're getting the best from the people you presently deal with.

## **Accessibility**

All of the academy content is available globally and is optimised across platforms. To fit with a busy coaches lifestyle content can be accessed via desktops, laptops, tablets and mobile devices so learning on the go is never a problem.

## **Study at your own pace.**

There are no time restrictions on studying with the ACA. Delegates can study ongoing for as long as they wish.

## **Online Assessments**

All of the ACA exams are done online. This allows us to deliver better education globally and removes the restrictions imposed by geographical restrictions.

## **Exclusive Member Discounts**

All ACA members receive exclusive discounts from our partners.

# CONTENT OVERVIEW

## MODULE 1 - INTRODUCTION TO APPLIED NUTRITION

This module introduces you to key aspects of working in the field of nutrition and how to both interpret and apply academic research to your practices.

### MODULAR CONTENT

The Role of the Nutritionist and nutritional governing bodies  
Understanding the application of science based knowledge  
Basic laws of Biochemistry  
Methods of Research

## MODULE 2 - FUNDAMENTALS OF NUTRITION

This module is designed to familiarise you with the molecular basis of human metabolism and physiology within the context of health, aesthetic and performance improvements. This fundamental knowledge establishes a base in which you can begin to understand and apply more advanced nutritional practices.

### MODULAR CONTENT

Understanding Energetic Pathways  
Managing Energy Balance  
The impact of hypo and hyper caloric energy intake  
Popular diets and optimal health  
Protein; Structure, metabolism and biochemistry  
Carbohydrates; Structure, metabolism and biochemistry  
Lipids (Fats); Structure, metabolism and biochemistry  
Micronutrients - Vitamins  
Micronutrients - Minerals Antioxidants and Exercise  
Eating behaviours and habits  
Meal Timing, carbohydrates and performance  
Meal Timing, protein and performance Hydration

## **MODULE 3 - DIETARY COMPLIANCE**

Module three delves into the behaviours, habits and psychology surrounding nutritional intake and personal choices. It addresses key aspects of dietary compliance and behavioural change allowing you, the coach to both assess an individuals readiness for change and how to then program accordingly and effectively.

### **MODULAR CONTENT**

Exercise and the Immune System  
Self efficacy and belief systems in successful weight management  
Appetite pathways  
Hormones, Appetite and Eating  
The Reward Centre  
Habit Formation  
Stages of adaptation

## **MODULE 4 - NUTRITIONAL PROGRAMMING**

Systematic approaches to nutrition are ever present in todays nutritional landscape. Module four explores popular dietary systems, dietary and client assessment, concurrent programming and also introduces you to effective dietary supplementation.

### **MODULAR CONTENT**

Fundamentals of Dietary programming  
Dietary modification  
Establishing caloric Intake  
Dietary Systems and Bodyweight Fluctuations  
Dietary Analysis  
Popular Dietary Systems  
Hydration and Diet Supplements  
Caffeine and Creatine Nutritional Buffers  
Understanding methods for measuring Body Composition  
Dietary Reporting  
The Consultation Process  
Recognising Disordered Eating

## **MODULE 5 - ADVANCED NUTRITIONAL THEORY**

Advanced Nutritional theory moves deeper into the metabolic and endocrine responses to nutrition. Having a solid theoretical understanding of these responses assists practitioners in understanding the adaptive responses to both nutritional intake and exercise.

### **MODULAR CONTENT**

Metabolic Hormones and Insulin  
Glucagon and Thyroid Hormones  
Leptin Ghrelin and the Sex Hormones  
Fluctuations in Calories and Substrates

## **MODULE 6 - SPECIAL POPULATIONS**

Module six covers the principles of nutrition in relation to special populations. This module allows you to differentiate between conditions that need referral and specialised services and conditions that can be addressed within your practicing remit.

### **MODULAR CONTENT**

Diabetes Part I  
Diabetes Part II  
Paediatric Nutrition  
Eating Disorders  
Pre and Post Natal Nutrition

## **COURSE LEARNING OUTCOMES**

**On completion of the course, delegates will be able to:**

Obtain insurance to work as a nutrition consultant.

Fully assess a client's activity levels.

Provide an in-depth analysis of dietary intake.

Work as a nutrition consultant with client's to provide evidence-based dietary advice (non prescriptive advice).

Offer, clear, evidence-based advice on the use of supplements

Average Learning Hours/week 2-4

Full Access to E-learning area and Exclusive members content

52+ Lessons

Fully delivered online content available worldwide.

Exclusive ACA Discounts including seminars and our preferred partners.



[WWW.ADVANCEDCOACHINGACADEMY.COM](http://WWW.ADVANCEDCOACHINGACADEMY.COM)