

# EXERCISE NUTRITION COACH: SCIENCE & APPLICATION

FEA Certified Exercise Nutrition Specialist – Level 1

## Course Overview

Building on the nutrition foundations introduced in personal trainer certifications, the **Certified Exercise Nutrition Specialist (CENS)** empowers fitness professionals to apply evidence-based nutrition strategies with real clients. The two-level program starts with **Level 1: Exercise Nutrition Coach (Science & Application)**, teaching practical methods to help clients make healthier, culturally-appropriate, and sustainable food choices while considering convenience and meal prep. **Level 2: Exercise Nutrition Coach (Goal-Specific Strategies & Coaching)** takes it further, equipping trainers to design personalized, goal-focused nutrition plans for muscle gain, fat loss, strength, endurance, and team sports, while refining coaching skills to navigate client needs and barriers.

Completion of Level 2 also grants access to a comprehensive online self-study course by industry expert Fabio Comana, allowing in-depth exploration of complex nutrition concepts at your own pace. After finishing the course and passing the exam, participants earn the **FEA Certified Exercise Nutrition Specialist** credential, officially recognizing their expertise in evidence-based exercise nutrition coaching.

## Course Nature (Category 3)

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

## Course Objectives

- Apply Nutrient Science to Food Choices – Help clients make healthier daily meal decisions by understanding evidence-based nutrition principles, including the advantages of one food over another while considering personal and cultural preferences, environment, convenience, and preparation time.
- Coach Practical Nutrition Strategies – Equip clients with real-world tools such as how to make healthier choices when eating out, how to read and interpret menus, and how to modify food orders for better nutrition.
- Guide Meal Preparation – Provide clients who cook at home with practical strategies for grocery selection and meal prep to support sustainable, goal-focused eating habits.

## Class Plan (2-Day Course, 8:30am – 4:30pm)

| Day | Duration  | Topic                                                                                                                                                                                 | Format |
|-----|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1   | 3.5 Hours | <ul style="list-style-type: none"><li>• Introduction</li><li>• Energy balance, energy system &amp; metabolism</li><li>• Science of food choices: Breakfast</li></ul>                  | Theory |
|     | 3.5 Hours | <ul style="list-style-type: none"><li>• Science of food choices: Lunch &amp; Dinner</li><li>• Pre &amp; post workout meals</li><li>• Popular diets &amp; supplements review</li></ul> | Theory |
| 2   | 3.5 Hours | <ul style="list-style-type: none"><li>• Meal Prep &amp; Practical strategies</li></ul>                                                                                                | Theory |
|     | 3.5 Hours | <ul style="list-style-type: none"><li>• Case studies</li></ul>                                                                                                                        | Theory |

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

**Learning Materials**

Digital course slide handouts

**Pre-requisite**

This course is designed for fitness professionals who wish to learn about nutrition to help clients make better food choices to achieve their health & fitness goals. Basic fitness instructing/personal training certification is recommended.

**Awards**

The Certificate of Completion is awarded upon full attendance and completion of the course.

Disclaimer: The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. Thus, you are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.

**Grading Criteria / Exam Fee**

N/A

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

TBC

**Dress Code**

Casual

**What Do I Need to Bring?**

Stationery, laptop / mobile device to view presentation slides

**Course Capacity**

8 - 24 pax

**Language**

English, mandarin. Local language in respective countries may be available.

## Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

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| <b>Category 1:<br/>Health and<br/>Fitness<br/>Workshops</b>  | <p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u><br/><b>Certificate of Completion</b> — You have attended and completed the course.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Category 2:<br/>Primary<br/>Certification<br/>Courses</b> | <p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u><br/><b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p> |
| <b>Category 3:<br/>Continuing<br/>Education<br/>Courses</b>  | <p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u><br/>These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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|                                                          | <p>expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u><br/> <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Disclaimer</b> — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p><b>Category 4:<br/>Specialization<br/>Courses</b></p> | <p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u><br/> All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> <li>Completed at least one of the following:<br/> <b>FEA Certified Fitness Practitioner – Module 3 OR</b><br/> <b>NCCA accredited Personal Trainer Certification OR</b><br/> <b>EuropeActive accredited Personal Trainer Certification OR</b><br/> <b>Any equivalent qualification</b></li> <li>Completed the prior level (Category 3) of respective courses.</li> <li>Pass all exam components and meet the grading criteria.</li> </ul> <p><u>What Each Certificate Means:</u><br/> <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>Disclaimer</b> — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p> |

The information displayed above is correct during the time of publishing and may subject to change without prior notice.