

Nutrition and Weight Management Course

This course has been designed for Level 3 Advanced Instructors or those studying for this qualification. In some circumstances, applicants may be accepted without Level 3 qualifications and this is dependent on the agreement of the Course Tutor.

Course fee: £800

The course comprises 16 hours of class contact in 8 sessions held over a period of up to 6 months.

The course can be offered on a flexible basis so that students can commence their training anytime throughout the year and choose their attendance to fit in with their other commitments.

It is estimated that a minimum of 40 hours of notional learning are needed to complete it. Of these, 16 hours are spent in guided teaching and learning and at least 34 hours are spent on support learning and home study.

It is an optional additional unit for students training to teach Pilates.

This course has been endorsed by the Register for Exercise Professionals and merits 16 Continuing Professional Development points.

COURSE STRUCTURE

The training is based on a series of two hour sessions spread over a period of up to 24 weeks.

The following topics are explored :-

Professional etiquette

Introduction to nutrition and weight management

Dietary assessment methods

The macronutrients – proteins, carbohydrates and fats

Energy balance and calculations

The micronutrients –vitamins, minerals and trace elements

Hydration and fluid replacement

Food groups

The concept of a healthy diet

Non-nutrients in food – alcohol, biologically active components and food additives, drug-nutrient interactions

Food labelling
Food supplements
Disordered eating – anorexia nervosa and bulimia nervosa
Weight management – weight gain and weight loss
Vegetarianism and exclusion diets
Pregnancy and lactation
Athletes – improving sporting performance

There are 6 assignments which draw on the above information and these are dealt with in the assessment section below.

TEACHING AND LEARNING METHODS

The training will include:-

- * personal and group training
- * lectures
- * discussions
- * verbal and written exercises/worksheets
- * case studies
- * research
- * written assignments including in-depth journal
- * home study

The course aims to provide a comprehensive and thorough introduction to nutrition and dietetics and the tools to enable the student to apply this knowledge to the individual needs of clients.

Emphasis is given to the importance of home study and research between sessions as there is a high volume of detailed information covered.

The first 4 assignments are programmed throughout the first 4 weeks so that the student gains skills and confidence in applying the information to their own dietary needs before applying this to those of clients.

The final major assignment requires the submission of four case studies of clients of different athletic experience and with different dietary practices and differing nutritional goals. The student will formulate nutritional management programmes for each client, carry out a comprehensive and critical evaluation of the nutritional management processes that they have formulated and monitor the progress made by each of their clients in

achieving their nutritional goals. A minimum period of 12 weeks is required for this assignment and students will need to devote time during this period for monitoring and modification of client programmes.



ASSESSMENT METHODS

Assessment will take place throughout the course by the following means:-

- * Verbal questioning
- * written tests, quizzes, worksheets
- * assessment questions
- * the completion of 6 assignments. Each assignment has a detailed task sheet and assessment criteria.



For further information on this course contact Pilates International.