

Precision Nutrition Level 1 Certification Fact Sheet

The Precision Nutrition Level 1 Certification teaches students the science of nutrition and the art of coaching. It's designed to provide anyone with a deep understanding of nutrition, the authority to coach it, and the ability to turn their knowledge into amazing client results.

From complex topics like nutrition science and human metabolism, to behavior change techniques and advanced coaching methods, the Level 1 Certification uses an easy-to-understand format that makes learning enjoyable.

With a Precision Nutrition Level 1 certification, experienced health and fitness professionals can drive better client results and grow their businesses, while individuals new to the field can pursue their passion and help anyone achieve sustainable change.

To date, more than 70,000 coaches in 120 countries have enrolled in our Level 1 Certification. This diverse group of professionals includes personal trainers, strength coaches, nutritionists, dietitians, CrossFit instructors, medical doctors, chiropractors, physical therapists, and others who provide nutrition and fitness advice to their own clients or patients.

Certification Process Details

Precision Nutrition provides its Level 1 Certification students with a 600-page, 18-chapter textbook that covers the latest findings in nutrition, physiology, and change psychology, along with the most effective coaching techniques and client troubleshooting methods.

Part one of the text focuses on nutrition science, including:

- Macronutrients: protein, carbohydrate, and fat
- Vitamins, minerals, and micronutrients
- Calories, metabolism, and energy balance
- Digestion, nutrient absorption, and water balance
- Energy production, fat storage, and muscle gain

Part two of the text focuses on nutrition and lifestyle coaching, including:

- The most important nutrition and lifestyle habits for lasting change
- How to get clients to follow your advice (and stick to it)
- The best nutrition and coaching approaches for almost any situation
- Top strategies to keep clients on track and making progress from Day 1

- Hundreds of dos and don'ts to avoid pitfalls and achieve success

In addition to the textbook, students receive a workbook and study guide, and access to 30+ premium tools, from assessment and intake forms to client questionnaires and problem-solving worksheets.

Students also receive access to our online course platform, which tracks their progress and hosts the following features:

- **Video lessons**, to help students better learn and retain the material
- **Easy-to-search FAQs** that cover key topics from the textbook for immediate answers
- **End of chapter exams**, which measure their mastery of the material and provides instant feedback

While the program is entirely self-paced, many students spend three to five hours a week reading one chapter of the textbook, watching the accompanying video, answering the workbook questions, reviewing the FAQs, and taking the exam.

With this weekly timeline, the Precision Nutrition Level 1 Certification can be achieved in about four months. However, some students may take longer, while highly-motivated students can finish much faster. (We've had some individuals complete the course in just two weeks.)

Resources for Success

To help enable future success, the company adds all graduates to its directory of Precision Nutrition certified professionals, which can be accessed by individuals around the world.

What's more, as students work through the curriculum — and after they graduate — they receive support via a private, online professional Facebook group comprised of 40,000 coaches, physicians, trainers, nutritionists, researchers, therapists, and other healthcare professionals from all over the globe.

Continuing Education Units/Credits (CEUs/CECs*)

Precision Nutrition Level 1 Certification graduates can earn CEUs with the following organizations:

- ACE (2.0 CECs)
- ACSM (20 CECs)
- CDR (16 CPEUs)
- CPTN (14 CECs)
- CrossFit® (20 CEUs)
- NASM (1.9 CEUs)
- PTA Global (24 CECs)
- REPs UK (16 CPDs)
- USA Cycling (15 CEUs)

Additional organizations accept the Precision Nutrition Level 1 Certification course as a CEU on a one-off basis. Program graduates just submit a summary of the course and their certificate for review.

**A CEU/CEC is a unit of credit equal to ten hours of participation in an accredited program designed for professionals with certificates or licenses to practice various professions.*

Sign-Up Process and Cost

The opportunity to start Precision Nutrition Certification is available twice a year – in April and October.

- Professionals interested can sign up for the pre-sale list by [clicking here](#).
- Precision Nutrition’s pre-sale opportunities enable professionals to receive early access to registration and a 33% discount on the program. When students register early, they have the opportunity to receive a significant savings off the regular price.
- Professionals not on the pre-sale list can opt for a one-time payment of \$1,188 USD or \$99 USD per month for 12 months.

Testimonials

“If this kind of program were available in medical school, for example, I can’t imagine how much better physicians would be in trying to get patients to eat the way that they should. For personal trainers, for people who want to be nutrition coaches, for anyone with an interest with helping people to make the right healthy decisions in the way they eat, Level 1 Certification is awesome.”

- Will Boggs, MD, Internal Medicine

Precision Nutrition is “dramatically different in the sense that the information is organized in a very user-friendly manner. You’ll certainly learn nutritional knowledge that you hadn’t had before, but more importantly, you’ll understand far better how to apply it because it’s as much about behavioral change and activity modification as it is about just simply memorizing nutrition facts.”

- Eric Cressey, MA, CSCS, President and Co-Founder, Cressey Sports Performance

“The Precision Nutrition Level 1 program is virtually the foundation of the nutrition knowledge you’ll need for yourself, and if you’re a trainer, you’re going to need otherwise you won’t have a job for much longer.”

- Adam Lloyd, CSCS, Founder, Adam Lloyd Performance