

PN Level 1 Nutrition Certification

Expert-Guided Curriculum Overview

90-minute live sessions scheduled at 1pm Eastern Standard/Daylight Time on the dates listed below.

NOTE: All live sessions are recorded and available to replay on-demand.

Chapter	Topics	Lecture date
1 2	Introduction / Your learning plan	April 5, 2023
3	What is a great coach?	April 12, 2023
4 5	Helping people change / What is good nutrition?	April 19, 2023
6 7	Introduction to nutritional science / Systems and cells	April 26, 2023
8	Through the GI tract	May 3, 2023
9	Energy transformation and metabolism	May 10, 2023
Break week		
10	Energy balance	May 24, 2023
11	Macronutrients (part 1)	May 31, 2023
11	Macronutrients (part 2)	June 7, 2023
12	Micronutrients	June 14, 2023
13	Water and fluid balance	June 21, 2023
14	Stress, recovery, and sleep	June 28, 2023
Break week		
15	Coaching in practice	July 12, 2023
16	Working with Level 1 clients	July 19, 2023
17	Working with Level 2 clients	July 26, 2023
18	Working with Level 3 clients	August 2, 2023
19	Special scenarios	August 9, 2023
20	Business 101 - a primer for Coaching Business Kickstarter	August 16, 2023
Celebration week		

PN Coaching Business Kickstarter

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Unit	Topics	Lecture date
1	Defining your business	August 30, 2023
2	Structuring your business	September 6, 2023
3	Marketing your business	September 13, 2023
4	Selling your services (interest to commitment)	September 20, 2023
5	Refining your business	September 27, 2023

