

# PN Level 1 Nutrition Certification

## Expert-Guided Curriculum Overview

Program officially begins on October 2, 2023.

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	October 4, 2023
3	What is a great coach?	October 11, 2023
4 5	Helping people change + What is good nutrition?	October 18, 2023
6 7	Introduction to nutritional science / Systems and cells	October 25, 2023
8	Through the GI tract	November 1, 2023
9	Energy transformation and metabolism	November 8, 2023
10	Energy balance	November 15, 2023
<b>Break week</b>		
11	Macronutrients (Protein and Fats)	November 29, 2023
11	Macronutrients (Carbohydrates)	December 6, 2023
12	Micronutrients	December 13, 2023
13	Water and fluid balance	December 20, 2023
<b>Break week</b>		
14	Stress, recovery, and sleep	January 3, 2024
15	Coaching in practice	January 10, 2024
16	Working with Level 1 clients	January 17, 2024
17	Working with Level 2 clients	January 24, 2024
18	Working with Level 3 clients	January 31, 2024
19	Special scenarios	February 7, 2024
20	Business 101 - a primer for Coaching Business Kickstarter	February 14, 2024
<b>Celebration week</b>		

# PN Coaching Business Kickstarter

## Expert-Guided Curriculum Overview

Program officially begins on February 24, 2024.

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.

Unit	Topics	Lecture date
1	Defining your business	February 28, 2024
2	Structuring your business	March 6, 2024
3	Marketing your business	March 13, 2024
4	Selling your services (interest to commitment)	March 20, 2024
5	Refining your business	March 27, 2024

