

COURSE OVERVIEW

The Science of Nutrition Coaching

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COURSE OVERVIEW

This course is designed to provide a comprehensive education in nutrition coaching, grounded in both scientific principles and practical application. It progresses through four clearly structured modules: starting with the professional framework of coaching, moving through foundational biology and nutrition science, and concluding with applied strategies for real-world client outcomes. Whether you're just entering the field or seeking to deepen your expertise, this course is structured to build your knowledge progressively and purposefully.

CONTENT

Module 1

The Profession of
Nutrition Coaching

Chapters 1–3

Module 3

Nutrition Science
Fundamentals

Chapters 6–12

Module 2

Digestion and
Metabolism

Chapters 4–5

Module 4

Applied Nutrition
Science

Chapters 13–18

MODULE 1

The Profession of Nutrition Coaching

This module introduces the student to the field of nutrition coaching—what it is, what it isn't, and how it fits into the broader healthcare landscape. You'll explore the core responsibilities of a coach, understand the legal and ethical boundaries that govern the profession, and examine the variety of career paths available. By the end, you'll have a clear understanding of how to practice safely, effectively, and with purpose.

Chapter 1: What Is Nutrition Coaching?

Chapter 2: Scope of Practice for Nutrition Coaching

Chapter 3: Types of Careers in Nutrition Coaching

MODULE 2

Digestion and Metabolism

Before coaching clients, it's essential to understand how the body actually processes food and generates energy. This module focuses on the fundamental biology of digestion and metabolism. You'll explore how nutrients are broken down, absorbed, and used by the body—laying the foundation for understanding nutrition on a cellular and systemic level.

Chapter 4: Introduction to Metabolism

Chapter 5: Digestion

MODULE 3

Nutrition Science Fundamentals

This core module provides a deep dive into the essential nutrients: macronutrients (protein, carbohydrates, fats), alcohol, micronutrients, supplements, and hydration. You'll learn their structure, function, metabolic pathways, health implications, and how to coach around them. This is the scientific heart of the course and will prepare you to make informed recommendations rooted in evidence.

Chapter 6: Protein

Chapter 7: Carbohydrates

Chapter 8: Fats

Chapter 9: Alcohol

Chapter 10: Micronutrients

Chapter 11: Supplements

Chapter 12: Hydration

MODULE 4

Applied Nutrition Science

The final module applies everything you've learned to real-world scenarios. You'll explore how nutrition influences chronic disease, how to guide clients through energy balance and weight loss, and how to navigate complex topics like metabolic adaptation, set point theory, and exercise physiology. This section turns theory into strategy—giving you the tools to coach with clarity, confidence, and impact.

Chapter 13: Nutrition and Chronic Disease

Chapter 14: Energy Balance

Chapter 15: Metabolic Adaptation

Chapter 16: Set Point Theory

Chapter 17: Diets and Weight Loss

Chapter 18: Exercise and Metabolism

COURSE OVERVIEW

The Art of Nutrition Coaching

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This course explores the practical, real-world application of nutrition coaching, bridging science with behavior, systems, and long-term client success. It is designed to equip coaches with repeatable frameworks and tools to confidently manage every phase of the client journey—from onboarding and relationship-building to behavior change and retention. The course is divided into four strategic modules that mirror the actual workflow of a high-impact coach.

CONTENT

Module 1

Getting Your Career and
Your Clients Started

Chapters 1–2

Module 3

The Psychology of
Nutrition Coaching

Chapters 5–7

Module 2

The X's and O's of Creating
and Executing Nutrition Plans

Chapters 3–4

Module 4

Getting Results and
Keeping Clients

Chapters 8–9

MODULE 1

Getting Your Career and Your Clients Started

This module covers the strategy and structure of designing effective client programs. You'll learn how to implement weekly check-ins, set expectations, and leverage nutrition periodization to guide long-term results. From tactical program design to communication cadence, this section brings together systems and strategy.

Chapter 1: Your First Client

Chapter 2: Initial Assessment and Consultation

MODULE 2

The X's and O's of Creating and Executing Nutrition Plans

This module covers the strategy and structure of designing effective client programs. You'll learn how to implement weekly check-ins, set expectations, and leverage nutrition periodization to guide long-term results. From tactical program design to communication cadence, this section brings together systems and strategy.

Chapter 3: Check-Ins and Setting Expectations

Chapter 4: Program Design and Nutrition Periodization

MODULE 3

The Psychology of Nutrition Coaching

Behavior change doesn't happen through numbers alone—it requires psychology, identity work, and motivation. This module dives into how to build sustainable habits, coach through resistance, and help clients reframe their internal narratives. You'll leave with tools to help clients become the kind of person who sticks to their plan.

Chapter 5: Behavior Change and Habit Formation

Chapter 6: Goal Setting and Motivation

Chapter 7: Coaching Psychology and Mindset

MODULE 4

Getting Results and Keeping Clients

The final module is about execution and retention. You'll learn how to diagnose plateaus, troubleshoot stalled progress, and evolve your coaching to maintain results long-term. Retention isn't about gimmicks—it's about value, consistency, and continuous support. This section helps you deliver outcomes and build lifelong coaching relationships.

Chapter 8: Troubleshooting Stalled Progress

Chapter 9: Client Retention
