NASM Nutrition Certification

Authors

Section 1: Nutritional Science

Chapter 1: Introduction - Casey DeJong MEd, MBA, Jeri Dow MS, Andrew Payne MS, NASM-CPT, PES, CES, BCS, Brian Sutton MS, MA, NASM-CPT, PES, CES

Chapter 2: Scope of Practice - Kelly Spivey ND, MSS

Chapter 3: Evidence-Based Nutrition and Practice - James Krieger MS, MS

Chapter 4: Food Preference and Influences - Scott Roberts PhD, FAACVPR, FACSM

Chapter 5: Energy Balance and Metabolism - Scott Roberts PhD, FAACVPR, FACSM

Chapter 6: Protein - Jordan Joy PhD

Chapter 7: Carbohydrates - Fabio Comana, MS, MA, CISSN, NASM CPT, CES, PES; NSCA CSCS; ACE-CPT & HC; ACSM EP-C; USAW1

Chapter 8: Fats - Michelle Zive PhD, MS, RD

Chapter 9: Alcohol - Matthew Barnes PhD

Chapter 10: Micronutrients - Brad Dieter PhD, MS

Chapter 11: Hydration - Eric O’Neal PhD

Chapter 12: Nutrient Timing - Chris Mohr PhD, RD

Chapter 13: Supplements - Kat Barefield MS, RDN

Section 2: Behavior Change Strategies

Chapter 14: Psychology of Weight Control and Behavior Change - Cher McLester PhD, MS

Chapter 15: Coaching and Communication - Tracie Rogers PhD

Chapter 16: Motivational Interviewing - Justin Kompf PhD

Chapter 17: Goal Setting - Bob Weinberg PhD

Section 3: Nutrition Coaching

Chapter 18: Dietary Assessment and Body Composition Testing - Grant Tinsley PhD

Chapter 19: Food & Supplement Labels and Portion Sizes - Farah Kahn MS, RD, CDN

Chapter 20: Helping Clients Navigate the Real World - Farah Kahn MS, RD, CDN

Chapter 21: Navigating Diets - Danny Lennon MSc

Chapter 22: Nutrition Hot Topics and Controversies - Alex Leaf MS, CISSN

Chapter 23: Weight Loss Plateaus and Maintaining Weight Loss - James Krieger MS, MS

Chapter 24: Programming / Putting it All Together - Brad Dieter PhD, MS, Antoinette Schoenthaler Ed.D, FAACH

Reviewers

Brad Dieter - PhD, MS
Antoinette Schoenthaler - Ed.D, FAACH
Chris Mohr - PhD, RD
Sohee Lee - MS, CSCS, CISSN