



AMERICAN
NUTRITION
ASSOCIATION

Personalized Nutrition Practitioner Training Course Curriculum

The Personalized Nutrition Practitioner training program is a concise, clinically-focused educational program to arm you, along with a broad cross section of other licensed healthcare practitioners, with the skills and knowledge to apply personalized nutrition in practice. You will find the latest information, assessments, and modalities to tailor a personalized nutrition care plan for a specific patient or client.

Those who complete this program will:

- Receive a letter of completion from the American Nutrition Association.
- Receive or be eligible for CME or CE credits, as indicated during course registration.
 - Physicians will be eligible for a maximum of 40 AMA PRA Category 1 Credit(s)[™]
 - The Board for Certification of Nutrition Specialists designates this activity for a maximum of 40 Continuing Education credits for Certified Nutrition Specialists.
- Meet coursework requirement for the Certified Personalized Nutrition Practitioner (CPN-P) credential.

Program Details

- This course is 100% online, and the modules are self-paced.
- This course is designed to be completed within 10 weeks.
- The course must be completed within 4 months of registration.
- The approximate total learning time is 40 hours for required course material plus additional learning time for optional material.

Training Support

- If you have any questions about the Personalized Nutrition Practitioner training program, please contact training@theANA.org.

Learning Format

This program consists of three self-paced modules designed to be completed within 10 weeks.*

Module I: 3 weeks, average 4.75 hours per week

Module II: 6 weeks, average 3.75 hours per week

Module III: 1 week, approximately 2.5 hours

Modules may consist of:

- Video presentations
- PowerPoint slides
- Required readings
- Optional readings
- Clinical reference sheets
- Quiz questions to assess learning outcomes
- End of module survey

**Note: The estimated time to complete each module includes time to complete all required materials including lectures, readings, and quizzes.*

Course Learning Objectives

After completing this training program, participants should be able to:

1. Understand and apply the personalized nutrition care model and personalized nutrition roadmap in clinical practice for prevention and treatment of chronic disease and optimal health.
2. Communicate effectively with patients about the role of nutrition in their health or disease.
3. Collaborate with a multidisciplinary healthcare team and identify patients and clients for referral to a qualified nutrition professional.

Curriculum Overview

Before You Begin: Pre-Course Survey ~ 10 minutes

Module I: The Personalized Nutrition Framework

Total approximate learning time: 14 hours, 30 minutes

Welcome to the Personalized Nutrition Practitioner program! Module one covers the foundations of personalized nutrition. This module has five units. At the end of the module, take the twenty-question quiz (80% pass rate) and the module survey before moving on to module two.

Module I Learning Objectives

1. Describe how personalized nutrition can be applied in clinical practice
2. Identify the factors driving personalized nutrition
3. Examine the role of nutrients, diets, and botanicals in human health and disease
4. Summarize relevant interactions between nutrients and drugs
5. Demonstrate familiarity with the Personalized Nutrition Roadmap

Module I Clinical Actions

1. Assess nutritional status using a variety of tools including a physical exam, basic lab tests, and advanced lab tests
2. Identify patients/clients at risk of nutrient deficiency or excess due to drug-induced nutrition depletions, drug-nutrient interactions, and nutrient-nutrient interactions
3. Identify appropriate personalized nutrition interventions for patients/clients including supplements, botanicals, and therapeutic diets
4. Utilize the Personalized Nutrition Roadmap in clinical practice

Units in Module I

Unit learning objectives, required and optional materials, and handouts can be found in Canvas.

Unit 1: Gathering the Data ~ 3 hours

Unit 2: Drivers of Personalized Nutrition ~ 2 hours

Unit 3: The Role of Nutrients, Supplementation & Therapeutic Diets ~ 3 hours

Unit 4: Drug/Nutrient Interactions ~ 45 minutes

Unit 5: The Personalized Nutrition Roadmap ~ 5 hours, 15 minutes

Before Moving On: Module I Quiz + Survey ~ 30 minutes

Module II: Clinical Applications of Personalized Nutrition

Total approximate learning time: 22 hours, 30 minutes

Welcome to module two. This portion of the course covers selected clinical applications of personalized nutrition. This module has eight units. At the end of the module, take the thirty-question quiz (80% pass rate) and the module survey before moving on to module three.

Module II Learning Objectives

1. Examine the role of personalized nutrition in gastrointestinal health
2. Examine the role of personalized nutrition in cognitive health
3. Examine the role of personalized nutrition in immune resilience
4. Examine the role of personalized nutrition in cardiovascular health
5. Examine the role of personalized nutrition in metabolic health and weight
6. Examine the role of personalized nutrition in ameliorating the impact of toxicity
7. Examine the role of personalized nutrition in hormone health
8. Identify special populations with unique nutrient needs

Module II Clinical Actions

1. Identify and apply personalized nutrition interventions to support gastrointestinal health
2. Identify and apply personalized nutrition interventions to support cognitive health
3. Identify and apply personalized nutrition interventions to support immune resilience
4. Identify and apply personalized nutrition interventions to support cardiovascular health
5. Identify and apply personalized nutrition interventions to support metabolic health and weight
6. Evaluate overall level of toxicity and apply appropriate personalized nutrition interventions to patients exhibiting signs of toxicity
7. Identify and apply personalized nutrition interventions to optimize hormones
8. Evaluate nutritional status and apply clinical knowledge of nutraceutical, dietary, and lifestyle interventions for special populations

Units in Module II

Unit learning objectives, required and optional materials, and handouts can be found in Canvas.

Unit 1: Gastrointestinal Health & the Microbiome ~ 5 hours, 30 minutes

Unit 2: Cognitive Health ~ 3 hours

Unit 3: Immune Health ~ 2 hours, 30 minutes

Unit 4: Cardiovascular Health ~ 2 hours

Unit 5: Metabolic Health & Weight Loss ~ 3 hours, 15 minutes

Unit 6: Impact of Toxicity on Health ~ 1 hour, 30 minutes

Unit 7: Hormone Health ~ 3 hours

Unit 8: Special Populations ~ 1 hour, 15 minutes

Before Moving On: Module II Quiz + Survey ~ 30 minutes

Module III: An Integrated Approach to Personalized Nutrition in Practice

Total approximate learning time: 2 hours, 45 minutes

Module three centers on the patient experience, from engagement to personalized nutrition care. This module has five units. At the end of the module, take the ten-question quiz (80% pass rate) and the module survey.

Module III Learning Objectives

1. Compare personalized nutrition practice models
2. Summarize theories of behavior change
3. Describe the importance and impact of motivational interviewing and behavior change conversations in clinical practice

Module III Clinical Actions

1. Consider how personalized nutrition may fit in your practice paradigm
2. Apply theories of behavior change and motivational interviewing to client interactions

Units in Module III

Unit learning objectives, required and optional materials, and handouts can be found in Canvas.

Unit 1: Personalized Nutrition Practice Models ~ 15 minutes

Unit 2: Behavior Change ~ 1 hour

Unit 3: Motivational Interviewing ~ 30 minutes

Unit 4: The Behavior Change Conversation ~ 15 minutes

Unit 5: Review of Key Findings & Faculty Pearls ~ 25 minutes

Before Moving On: Module III Quiz + Survey ~ 20 minutes

Course Conclusion

- Take the end of program survey. Your feedback helps us make the course better!
- Please download your Letter of Completion in Canvas.
- You are eligible to receive 40 CME or CE credits as indicated during registration.

Certification from the Board for Certification of Nutrition Specialists

Now that you have completed the program, you meet one of the eligibility requirements for the Certified Personalized Nutrition Practitioner (CPN-P) credential. To learn more about certification please visit <https://theana.org/trainings-programs/PNP> or contact certifications@nutritionspecialists.org.

Faculty Disclosures

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, planning committees, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All listed relevant financial relationships with ineligible companies for individuals in control of content have been mitigated.

Accreditation

The American Nutrition Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American Nutrition Association designates this enduring material for a maximum of 40 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Board for Certification of Nutrition Specialists designates this activity for a maximum of 40 Continuing Education credits for Certified Nutrition Specialists.

Grading

A score of at least 80% is required on quizzes to pass the course. Quizzes can be taken as many times as needed to obtain a passing score.