

UNIT 1

The Precision Nutrition approach

CHAPTERS

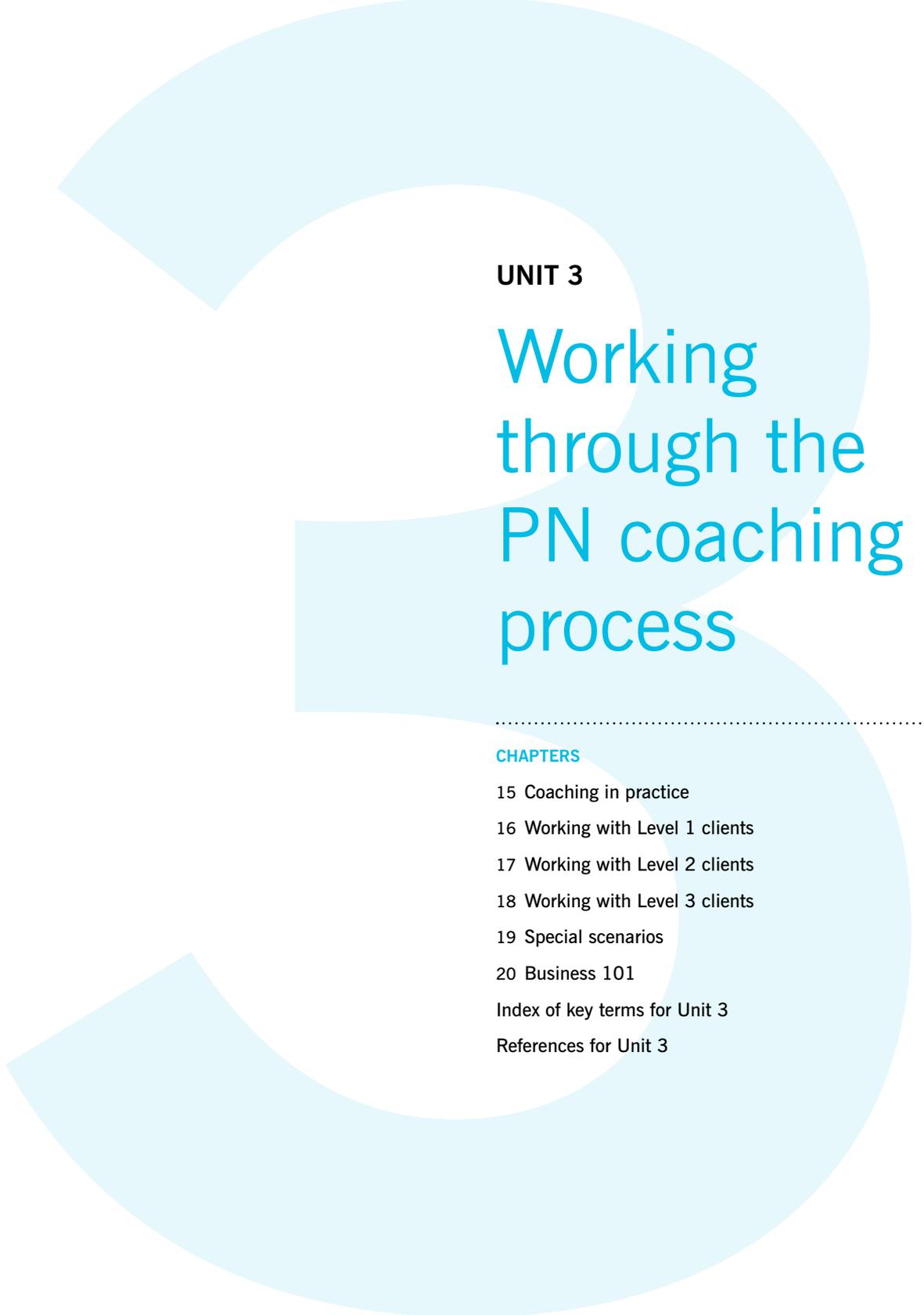
1	Introduction	3
2	Your learning plan	13
3	What is a great coach?	35
4	Helping people change	65
5	What is good nutrition?	83
	Index of key terms for Unit 1	100
	References for Unit 1	102

UNIT 2

The science of nutrition

CHAPTERS

6	Introduction to nutritional science	3
7	Systems and cells	11
8	Through the GI tract	33
9	Energy transformation and metabolism	69
10	Energy balance	89
11	Macronutrients	121
12	Micronutrients	159
13	Water and fluid balance	195
14	Stress, recovery, and sleep	221
	Index of key terms for Unit 2	252
	References for Unit 2	259



UNIT 3

Working through the PN coaching process

CHAPTERS

15 Coaching in practice	3
16 Working with Level 1 clients	45
17 Working with Level 2 clients	95
18 Working with Level 3 clients	151
19 Special scenarios	185
20 Business 101	225
Index of key terms for Unit 3	250
References for Unit 3	251