

The dotFIT Certification is a preparatory tool for fitness professionals to properly administrate the dotFIT nutrition and fitness program or for individuals seeking high quality, evidence-based information with a strong focus on nutrition, weight control and dietary supplementation.

It should be emphasized that the dotFIT Certification is NOT a personal training credential. It is also NOT a formal nutrition certification of any kind.

dotFIT Certification Outline:

1. Using the Course
 - a. Functionality & Criteria
2. Introduction and Weight Control (3 hrs) – *Kat Barefield M.S., R.D. and Neal Spruce: dotFIT Founder and CEO*
 - a. Evidence-Based Weight Control, Simplified
 - b. Weight Control & Modern Society
 - c. The Science of Weight Control
 - d. Modern Times Require Modern Solutions
3. Nutrition (4 hrs) – *Kat Barefield M.S., R.D.*
 - a. Carbohydrates
 - b. Protein
 - c. Lipids
 - d. Water
 - e. Nutrition Myths
4. Dietary Support (2 hr) – *Kat Barefield M.S., R.D. & Jeremy Guenther B.S., CPT, CES, PES*
 - a. Position on Use, Recommendations & Manufacture of Dietary Supplements
 - b. Dietary Supplements for Health
 - c. Dietary Supplements for Weight Control
 - d. Dietary Supplements for Athletic Performance and Muscle Gain
 - e. Meal Replacements
5. Coaching Your Clients (2 hrs) – *Kat Barefield M.S., R.D.*
 - a. Basic Coaching Skills
6. Mastering the System (2 hrs) - – *Kat Barefield M.S., R.D.*
 - a. How to Tutorials
7. Final Exam

Successful completion of the dotFIT Certification is approved for 1.6 CEUs (16 contact hours) by the National Academy of Sports Medicine.

Contact Information

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