

DS

Personal Training School

Diploma

DS Personal Training School certifies

Ronnie Jöneros

after the completed course

22/9 - 28/9 - 2014

as a

Certified Nutritionist



Examinator Shawn Gillies
Rektor DS Personal Training School

28-09-2014 Malmö/Sweden

date & city/country



Course matriculation certificate

for **Ronnie Jöneros 600426-4336**

who has completed the following modules to be nutritionist.

Communication and Character

K_K001	Collect information regarding customer's nutritional patterns
K_K002	Provide information relevant to clients needs
K_K003	Developing a plan and prioritise activities and goals
K_K004	Conflict resolution
K_K005	Coordinate interactions with clients
K_K006	Communicate effectively with clients

Anatomi

A001	Understanding of Alimentary Canal and its function
A002	Understanding of the basic processes of the energy system
A003	Understanding of the basic hormonal processes and balance
A004	Understanding of the basic processes of the digestive system
A004	Knowledge of body composition and measurements

Nutrition

N001	Understanding of Glycemic Index (GI) and Glycemic Load (GL)
N002	Understanding of Ketone diets
N003	Understanding of Ergogenic supplements
N004	Knowledge and understanding of preventative nutrition
N005	Provide general recommendations regarding health and nutrition
N006	Calculation of daily macronutrient needs
N007	Programming for weight loss
N008	Programming for muscle growth
N009	Programming for Elite athletes
N010	Overall ability to plan and present a nutritional program

in completion of the following examinations:

Theory Examination	85%
Practical Examination	85%

Total **85%**

Final Grade **C**

Betyg: A=Outstanding, B=Very Good, C=Good/Pass