

The dotFIT Certification is a preparatory tool for fitness professionals to properly administrate the dotFIT Me 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. **Introduction** – *Neal Spruce: dotFIT Founder and Chairman of the Board of NASM*
2. **Using the Course**
 - a. **Functionality & Criteria**
3. **Weight Control (3 Hrs)** – *Kat Barefield M.S., R.D.*
 - a. **Weight Control & Modern Society**
 - b. **The Science of Weight Control**
 - c. **Modern Times Require Modern Solutions**
4. **Nutrition (4 Hrs)** – *Kat Barefield M.S., R.D.*
 - a. **Carbohydrates**
 - b. **Protein**
 - c. **Lipids**
 - d. **Water**
 - e. **Nutrition Myths**
5. **Integrated Training (2 Hrs)** – *Scott Pullen M.S.*
 - a. **The Scientific Rational**
 - b. **The OPT Model**
6. **Dietary Support (3 Hrs)** – *Kat Barefield M.S., R.D. & Scott Pullen M.S.*
 - a. **Position on Use, Recommendations & Manufacture of Dietary Supplements**
 - b. **Dietary Supplements for Health**
 - c. **Fitness & Performance Enhancing Dietary Supplements**
 - d. **Sport & Fitness Foods**
7. **5 Steps To Better Selling (2 Hrs)** – *Scott Pullen M.S.*
 - a. **Step One – Become the Trusted Advisor**
 - b. **Step Two – Uncover Their Reasons**
 - c. **Step Three – Establish a Commitment**
 - d. **Step Four – Present Their Solution**
 - e. **Step Five – Overcoming Objections**
8. **Coaching Your Clients (2 Hrs)** – *Kat Barefield M.S., R.D.*
 - a. **Basic Coaching Skills**
9. **Mastering the Application (dotFIT Me Program Tutorial)**
10. **Final Exam**

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

Instructor Credentials:

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