

IFBB Nordic Academy: Advanced Nutrition Course 2025

Master the Science. Transform Your Practice. An Evidence-Based Journey into the Elite World of Sports Nutrition. August 2025 Intake Now Open.



Welcome to the Next Level of Nutrition Expertise



A Word from Your Course Director, Ville Isola (MSc)

"Welcome to the Advanced Nutrition Course. My background is highly academic; I have studied fitness athletes and bodybuilders since 2016 and coached for 15 years. My task is to develop the IFBB's coaching education programs based on the latest scientific evidence. This course was built from scratch to move beyond outdated myths. We will explore not just *what* to do, but *why*. Once you understand the endocrine and digestive systems, you can answer any client question with confidence. This knowledge gives you the edge to become a truly successful coach. I look forward to guiding you on this journey."

Why Choose the IFBB Nordic Academy?

The IFBB Nordic Academy provides leading fitness and bodybuilding education tailored for the Nordic region. This **Advanced Nutrition Course** offers a deep dive into evidence-based nutritional science, designed for enthusiasts, athletes, and coaches aiming to guide clients effectively. Move beyond generic advice and learn to apply cutting-edge research to real-world scenarios.

Develop Expertise in Evidence-Based Nutrition

Learn the scientific principles behind calorie partitioning, metabolic adaptation, and nutrient timing, and translate them into practical, actionable strategies for your clients.

Master Practical Coaching Skills

Gain hands-on tools for individual and group coaching, personalized plan development, and monitoring client progress using key performance indicators.

Globally Recognized Certification

Earn the prestigious IFBB Certified Advanced Nutrition Certificate, a mark of excellence recognized worldwide in the fitness and bodybuilding community.

NEW for 2025: Course Material in 6 Languages!

To better serve our Nordic and Baltic community, all course material is now available in English, Finnish, Swedish, Norwegian, Danish, and Estonian.

Who is This Course For & What You Will Master

Who Should Enroll?

This course is designed for individuals who are serious about understanding the science of nutrition and its practical application. Our comprehensive curriculum provides the knowledge and skills needed to excel in the competitive world of sports nutrition and coaching.



Personal Trainers & Fitness Coaches

Seeking to provide elite-level nutritional guidance that goes beyond basic meal plans. Enhance your service offerings and become the go-to expert in your gym or studio.



Competitive Physique Athletes

Bodybuilding, Bikini, Fitness, and Physique competitors who want to master their own competition prep and off-season nutrition for optimal results on stage.



Strength & Conditioning Specialists

Working with athletes in various sports who need to understand how nutrition impacts performance, recovery, and long-term athletic development.



Passionate Fitness Enthusiasts

Who want to move beyond surface-level knowledge and truly understand how nutrition impacts the human body at a cellular and systemic level.



Aspiring Nutrition Professionals

Looking for a strong, evidence-based foundation in sports nutrition to launch or advance their career in the competitive fitness industry.

This course is particularly valuable for professionals working in the Nordic region, where evidence-based practice and scientific rigor are highly valued in the fitness community.

What You Will Master

Upon completion of the IFBB Nordic Academy Advanced Nutrition Course, you will have developed a comprehensive skill set that enables you to confidently guide clients across a wide range of nutrition-related goals. This expertise will set you apart in the competitive fitness industry and allow you to deliver superior results for your clients.

Scientific Foundations

Understand the endocrine and digestive systems to explain the "why" behind nutritional strategies, moving beyond surface-level recommendations to truly comprehend the physiological mechanisms at work.

Evidence-Based Practice

Learn to critically evaluate nutritional information, debunk common myths, and apply the latest scientific research to your coaching practice for optimal client outcomes.

Coaching & Adherence

Develop skills in communication, goal-setting, and behavior change to ensure your clients achieve sustainable, long-term results through improved adherence to nutritional protocols.

Advanced Bioenergetics

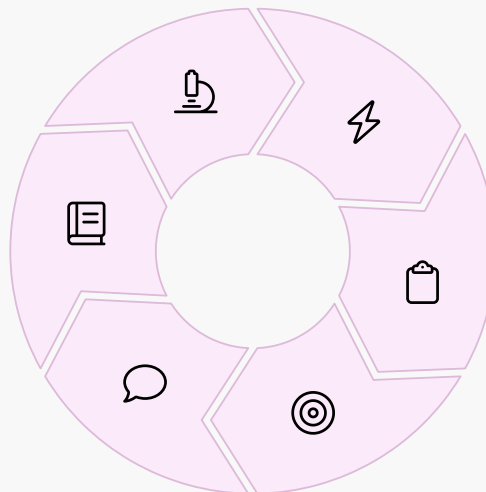
Master how the body utilizes macronutrients for energy during different types of physical activity, from high-intensity interval training to endurance exercise and strength training.

Personalized Plan Design

Create customized nutrition plans for fat loss, lean muscle gain, and peak performance based on individual needs, goals, metabolic factors, and even psychological considerations.

Specialized Strategies

Learn proven techniques for competition prep, peak week management, nutrition for masters-age athletes, and effective approaches for vegetarian athletes.



This comprehensive skill set will enable you to work with clients at all levels, from beginners to elite athletes, and across various demographics and fitness goals. The evidence-based approach ensures your recommendations are grounded in science rather than fads or marketing hype.

Most importantly, you'll develop the ability to continuously learn and adapt as new research emerges in the field of sports nutrition, ensuring your expertise remains cutting-edge throughout your career.

Comprehensive Course Curriculum: Part 1

Our meticulously designed curriculum delivers a perfect balance of theoretical knowledge and practical application. Each module builds upon the previous ones, creating a cohesive educational journey that transforms you into an expert nutrition coach.

MODULE 0: Welcome to the Course

Get oriented with the course structure, the IFBB's legacy of excellence, and the path to your certification. We set the stage for a deep and rewarding learning experience, introducing you to the learning platform, community resources, and expectations for success.

MODULE 2: Nutrition Coaching for Sustainable Lifestyle Change

Learn the principles of guiding clients toward lasting health transformations. We cover the psychology of forming new habits, building a strong coach-client team, and using empathy to drive sustainable change beyond the gym. Discover techniques for overcoming resistance, managing client expectations, and creating accountability systems that actually work.

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MODULE 1: Nutrition Coaching for Athletes

Master the art of coaching. This module provides the essential framework for effective nutrition coaching, from initial assessment and goal-setting with athletes to integrating nutrition seamlessly into their training programs. Learn how to conduct comprehensive intake sessions, identify key performance indicators, and establish realistic timelines for results.

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MODULE 3: The Endocrine System

Go beyond macros and understand the *why*. Explore how key hormones like insulin, cortisol, thyroid hormones, and testosterone profoundly influence metabolism, fat storage, muscle growth, and energy levels. This is the knowledge that separates the experts from the amateurs. Learn to recognize hormonal imbalances through client symptoms and how nutrition can be used as a tool to optimize hormonal function.

Each module combines theoretical lectures with case studies, practical examples, and interactive discussions to ensure you not only understand the concepts but can apply them effectively in real-world coaching scenarios.

Comprehensive Course Curriculum: Part 2

As we progress deeper into the curriculum, you'll develop an increasingly sophisticated understanding of human physiology and nutritional science. These middle modules form the core scientific foundation upon which all practical applications are built.

MODULE 4: The Digestive System

Follow the journey of food from ingestion to energy. Understand the complete process of digestion, absorption, and nutrient utilization. This module covers everything from the enteric nervous system (the "gut brain") to managing malabsorption issues. Learn how various digestive enzymes work, the role of gut microbiota in health and performance, and practical strategies for improving digestive function in athletes experiencing GI distress during training or competition.

MODULE 6: Bioenergetics & Metabolism

Unlock the secrets of the body's energy economy. Delve into the three energy systems (ATP-PCr, Glycolytic, Oxidative), the metabolic pathways of carbs, fats, and proteins, and how the body regulates food intake and energy expenditure. Understand metabolic flexibility and how to optimize substrate utilization during different types of training. Learn about factors affecting metabolic rate, the science behind metabolic adaptation during caloric restriction, and strategies to mitigate adaptive thermogenesis during contest preparation or weight loss phases.

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MODULE 5: Nutritional Physiology and Molecular Nutrition (NEW FOR 2025)

This new module takes you to the cutting edge of nutritional science. Explore how nutrients interact with your genes (nutrigenomics), influence cellular signaling pathways, and even regulate gene expression (epigenetics). Understand nutrition at a molecular level, including how proteins like mTOR and AMPK respond to nutritional stimuli to drive muscle protein synthesis or metabolic adaptation. This advanced knowledge will allow you to explain the mechanisms behind nutritional strategies to sophisticated clients and adapt protocols based on individual physiological responses.

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These modules represent the scientific core of the course, providing the physiological understanding necessary to develop truly effective nutritional strategies. You'll learn to connect cellular processes to whole-body outcomes, and understand how nutritional interventions create cascading effects throughout multiple body systems.

Comprehensive Course Curriculum: Part 3

Building on the physiological foundations established in the previous modules, we now transition to more practical applications of nutritional science. These modules bridge the gap between theoretical knowledge and real-world implementation strategies.

MODULE 7: Fundamentals of Nutrition

Build a rock-solid foundation. This module covers the core principles of successful dieting, understanding personality traits in coaching, the psychology of motivation and behavior change, and how to ensure client compliance for long-term success. Learn to identify different personality types and adapt your coaching approach accordingly, creating nutrition plans that work with your clients' natural tendencies rather than against them.

MODULE 9: Healthy Nutrition

Apply your knowledge to practical topics. This extensive module covers energy balance, body composition, and in-depth guides on the roles of protein, carbohydrates, fats, vitamins, minerals, and hydration in sports performance. It also integrates key concepts like nutrient timing and hunger management. Learn to calculate optimal macronutrient ratios for different goals, understand the importance of micronutrient sufficiency for health and performance, and develop strategies to manage appetite during various phases of training.

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MODULE 8: Food Choice and Eating Behavior (NEW FOR 2025)

Master the art of coaching communication and understand the deep psychological drivers behind your clients' food choices. This new module covers models of eating behavior, the concept of a "food relationship," and the cognitive and social factors that shape how we eat. Develop techniques for addressing emotional eating, navigating social pressures around food, and creating sustainable dietary changes that respect your clients' cultural backgrounds and personal preferences.

3

These modules emphasize the practical application of nutritional science, providing you with the tools to develop effective strategies for a wide range of clients. You'll learn not just what recommendations to make, but how to deliver them in ways that promote understanding and adherence.

The new Food Choice and Eating Behavior module represents our commitment to addressing the psychological aspects of nutrition, recognizing that successful coaching involves understanding not just the body, but also the mind and its relationship with food.

Comprehensive Course Curriculum: Part 4

Specialized Knowledge for Expert Coaching

The final modules of our curriculum focus on specialized topics and advanced applications, preparing you to handle even the most challenging nutrition coaching scenarios with confidence and expertise.

MODULE 10: Sports Supplements

Navigate the supplement landscape with an evidence-based lens. We provide the official IFBB Sports Supplement Guide, covering proven supplements like creatine and whey protein while exposing those that are promising but still lack scientific validation. Learn to evaluate research quality, understand effective dosing protocols, and make recommendations based on individual needs rather than marketing claims. This module will help you cut through the hype and identify which supplements genuinely deserve a place in your clients' nutrition plans.

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MODULE 11: Specialized Nutrition Strategies

This is where you become an expert. This module provides detailed, actionable protocols for a wide range of specialized nutritional needs, equipping you to work with diverse clients and complex goals.

Specialized Nutrition Strategies Include:

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Lean Muscle Mass Nutrition

Science-based strategies for "bulking" effectively while minimizing fat gain. Learn optimal surplus calculation, nutrient partitioning techniques, and periodization strategies for long-term hypertrophy.

2

Fat Loss Nutrition

Mastering the energy deficit for optimal muscle retention. Discover protocols for breaking through plateaus, managing hormonal adaptations, and maintaining performance during caloric restriction.

3

Masters-Age & Older Adult Nutrition

Adapting plans for changing metabolisms and physiological needs. Learn specific strategies for protein intake, nutrient timing, and supplementation to combat age-related muscle loss and metabolic changes.

4

Vegetarian Nutrition for Athletes

Ensuring peak performance on a plant-based diet. Master techniques for optimizing protein intake, preventing nutrient deficiencies, and designing meal plans that support athletic performance without animal products.

5

Competition Prep & Peak Week

The definitive guide to achieving stage-ready condition. Learn progressive diet structuring, water/sodium manipulation, carb loading protocols, and how to manage the psychological challenges of contest preparation.

6

Eating Disorders & Disordered Eating

Recognizing and addressing these critical issues in athletes. Develop skills for early identification, appropriate referral, and creating supportive nutritional environments for at-risk individuals.

The course culminates with practical application skills, including creating personalized meal plans, developing recipes that balance nutrition with palatability, and designing easy-to-follow shopping lists for clients with various dietary preferences and restrictions.



IFBB NORDIC ACADEMY ADVANCED NUTRITION COURSE NEW 2025

MODULE 0: Welcome to Advanced Nutrition Course

Introduction to the Course
The Legacy of IFBB
Course Navigation
The Importance of Advanced Nutrition
Commitment to Excellence
Support and Resources
Assessment Overview

MODULE 1: Fundamentals of Nutrition

Introduction to the Fundamentals of Nutrition
Navigating the Nutrition Landscape: The Nutrition Specialist's Role
Practical Implications for IFBB Nutrition Specialists
Nutrition Assessment: An Integral Component for IFBB Nutrition Specialists
The Challenges of Diet Evaluation
Ensuring Nutritional Compliance
Understanding Personality Traits in Nutrition Coaching
The Importance of Goal-Setting in Nutrition
The Role of Motivation in Nutrition
Developing Positive Behaviors and Habits
Core Principles of Dieting
Navigating the Landscape of Dietary Principles
Psychological Aspects of Dieting

MODULE 2: Bioenergetics & Metabolism

Introduction to Energy Metabolism
Fundamentals of Energy Generation: Understanding Bioenergetics
The Role of Adenosine Triphosphate (ATP)
Energy Systems in the Human Body
The Phosphagen System (ATP-CP)
The Glycolysis
The Nature of Blood Lactate and Its Connection to Muscular Fatigue
Functioning and Efficiency of the Oxidative System
Understanding Lipolysis
Glycerol and Fatty Acid Metabolism
Protein Oxidation for Energy Production
Summary: Energy Systems and Their Contribution to Exercise Intensities
Glycogen's Role in Energy and Repletion
pH Balancing Mechanisms in Muscles
Oxygen Consumption and its Role in Exercise
Regulation of Food Intake
Applying Energy System Concepts in Nutrition
Study Questions

MODULE 3: The Endocrine System

Introduction to the Endocrine System
The Endocrine System: An Overview
Endocrine System Organization
Hormone Classification and Characteristics
Hormone-Target Cell Specificity
Hormone-Receptor Binding
The Intracellular Messenger
Hormone Effects on Enzymes
Factors That Determine Hormone Levels
Hormone Release Patterns
Hormone Overview Table
Different hormones.
And lot more!

MODULE 4: Digestive System

Introduction to the Digestive System for IFBB Nutrition Specialists
Overview of the Digestive System
The Digestive System as a Disassembly Line
Anatomical Structure and Functional Significance of the Peritoneum and Alimentary Canal
The Enteric Nervous System and Regulation of Digestive Activity
Functional Anatomy of The Digestive System
Digestive Enzymes and Absorption Pathways
Malabsorption Syndromes: Causes and Management
Digestive System Disorders and Procedures
Homeostatic Interrelationships between the Digestive System and Other Body Systems
Summary of the Digestive System and its Functions
Study Questions about the Digestive System

MODULE 5: Nutritional Physiology and Molecular Nutrition (New Module)

Introduction to Nutrient Actions at the Cellular Level
Nutrigenomics and Nutrigenetics: The Interaction Between Nutrients and Genes
Nutrient-Sensing and Signal Transduction Pathways
Molecular Roles of Macronutrients in Cellular Metabolism
Epigenetic Regulation by Dietary Components
The Role of Micronutrients as Enzyme Cofactors and Antioxidants

MODULE 6: Healthy Nutrition

Energy balance and expenditure
Body composition
Protein in sports
Carbohydrates for athletic performance
Dietary fats in sports
Vitamins and Minerals
Water and Hydration in Sports
Nutrient Timing and Food Composition.
Diet Adherence and Hunger Management

MODULE 7: Nutrition Coaching for Athletes

Introduction to Nutrition Coaching for Athletes
The Importance of Early Nutrition Knowledge for Athletes
Steps of Sports Nutrition Based on Training Intensity
Practical Nutrition Coaching Tools and Models
Individual Nutrition Coaching Processes
Nutrition Coaching Indicators
Group Nutrition Coaching
Integrating Nutrition Coaching into the Athlete's Training Process
Participatory Expertise in Nutrition Coaching

MODULE 8: Nutrition Coaching as Part of Sustainable Lifestyle Change

Introduction to Nutrition Coaching as Part of Sustainable Lifestyle Change
The Purpose of Nutrition Coaching
The Knowledge, Skills, and Attributes of a Competent IFBB Nutrition Specialist
General Principles of Nutrition Coaching for IFBB Nutrition Specialists
The IFBB Nutrition Specialist and the Client: Forming a Team
Empathy in Nutrition Coaching: Balancing Care and Professionalism
Nutrition Coaching Process for IFBB Nutrition Specialists

MODULE 9: Food Choice and Eating Behavior (New Module)

Understanding Eating Behavior
Key concepts and models of eating behavior and food selection.
The food relationship: A pedagogical framework for understanding personal connections to food.
Development of eating behaviors throughout the lifespan.
Cognitive, social, and psychological factors that influence food choice.
The impact of food properties (sensory characteristics, composition) on eating patterns.
Interaction and Communication in Nutrition Coaching
Essential interaction skills for effective nutrition coaching.
Client-centered approaches: meeting, interviewing, and establishing consensus.
Observing and analyzing the dynamics of a coaching session.
Giving and receiving constructive feedback to improve coaching outcomes.

MODULE 10: Sports Supplements

IFBB Sports Supplement Guide
Sports Supplements
Exploring promising but unproven supplements in sports

MODULE 11: Specialized Nutrition Strategies

Lean Muscle Mass Nutrition
Fat Loss Nutrition
Masters-Age Nutrition
Nutrition for Older Adults
Iron Deficiency
Vegetarian Nutrition
Competition Preparation Nutrition
Peak Week Nutrition
Eating Disorders
Other Factors Affecting Nutrition
Creating Personalized Nutrition Plans

The Learning Experience & Your Instructor

A Flexible and Interactive Learning Environment

Our course is designed for busy professionals, providing a blend of live interaction and flexible self-paced learning. We understand that our students are often juggling multiple professional and personal responsibilities, which is why we've created a learning experience that combines structure with flexibility.

Live Online Modules

Engage directly with academic professionals during three multi-day live modules. Ask questions, participate in discussions, and connect with fellow students to deepen your understanding and build professional relationships.

24/7 Access to Recordings

Never miss a lecture. All live sessions are recorded and made available on our learning platform for you to review at your own pace, ensuring you can fit your learning around your schedule.

Comprehensive Course Materials

Receive over 740 pages of in-depth, constantly updated course material based on the latest scientific literature. Our resources include downloadable PDFs, reference sheets, and client assessment tools.

Practical Assignments

Apply your knowledge through real-world tasks, including a diet experiment and creating a three-month nutrition plan for a client. Receive personalized feedback from our expert instructors.

Community Forum

Join our exclusive community forum to discuss topics, share insights, and network with peers and instructors. This supportive community continues long after the course ends.

Our learning platform is intuitive and easy to navigate, designed to make your educational journey as smooth as possible. You'll have access to supplementary resources, scientific papers, and practical tools that you can immediately implement in your coaching practice.

Throughout the course, you'll be encouraged to apply what you're learning to real-world scenarios, ensuring that the theoretical knowledge translates into practical skills that enhance your coaching effectiveness.

Meet Your Instructor



Ville Isola (PhD candidate)

The IFBB Nordic Academy Advanced Nutrition Course is led by Ville Isola, a distinguished figure in the field of sports nutrition and bodybuilding science. With a unique combination of academic rigor and practical experience, Ville has established himself as a leading authority in evidence-based coaching methodologies.

Professional Background

- Founder of IFBB Nordic Academy
- Secretary General of the IFBB Coaches Commission
- PhD Student & Published Researcher in Sports Science
- 15+ Years of Coaching Experience with elite athletes
- Developer of evidence-based coaching education programs
- Specialization in physique athlete nutrition and preparation

Ville's academic approach is complemented by his extensive practical experience coaching bodybuilders and fitness competitors. This dual perspective allows him to bridge the gap between theoretical knowledge and real-world application, ensuring that course participants receive education that is both scientifically sound and practically effective.

As a researcher actively contributing to the scientific literature, Ville maintains connections with leading institutions and stays at the forefront of nutritional science developments. This ensures that the course content reflects the latest evidence-based practices rather than outdated methodologies or industry myths.

"My goal is not just to teach you what works, but to help you understand *why* it works. When you grasp the underlying mechanisms, you can adapt your approach to any client, any goal, and any circumstance. That's the difference between following a formula and truly mastering the science of nutrition."

— Ville Isola, PhD Candidate

Globally Recognized Certification & Course Details

Earn Your Prestigious IFBB Certification

Upon successful completion of the course, including attendance, assignments, and exams, you will be awarded the **IFBB Certified Advanced Nutrition Certificate**.

This certification represents the gold standard in sports nutrition education within the bodybuilding and fitness community. It signifies that you possess both the theoretical knowledge and practical skills necessary to guide athletes and clients to optimal nutritional outcomes.

International Recognition

The IFBB certification is recognized globally by prestigious organizations including:

- The Global Association of International Sports Federations
- The Association of Pan-American Sports Confederations
- Major international sports bodies across six continents
- National bodybuilding and fitness federations worldwide

This recognition ensures that your certification carries weight wherever your career takes you, opening doors to opportunities with elite athletes, sports teams, and fitness organizations around the world.

The certification process includes both theoretical examinations and practical assessments, ensuring that graduates not only understand nutritional concepts but can apply them effectively in real-world coaching scenarios. This comprehensive evaluation is what gives the IFBB certification its reputation for excellence and practical relevance.



Career Advancement Opportunities

Graduates of our Advanced Nutrition Course have gone on to:

- Establish successful nutrition coaching practices
- Become team nutritionists for professional sports organizations
- Serve as nutrition consultants for national athletic programs
- Create educational content for major fitness publications
- Develop specialized nutrition protocols for competition athletes
- Launch successful online coaching businesses

Course Schedule & Investment - August 2025

Live Online Modules

The course is structured around three intensive module blocks, each spanning three days. These live sessions form the core of the learning experience, providing direct interaction with instructors and fellow students.

Module Block 1

August 19-21, 2025

Introduction to sports nutrition science, coaching fundamentals, and physiological foundations. Establish core principles and frameworks for the course.

Module Block 3

October 14-16, 2025

Advanced topics including competition preparation, specialized populations, and practical implementation strategies. Final integration of course concepts.

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Module Block 2

September 16-18, 2025

Deep dive into metabolism, macronutrient optimization, and nutritional physiology. Begin applying concepts to case studies and real-world scenarios.

Daily Session Times: 18:00 – 21:00 (UTC+3)

This evening schedule is designed to accommodate working professionals across the Nordic and Baltic regions, allowing you to participate in live sessions without conflicting with typical working hours.



Total Course Hours

Approximately 108 academic hours (equivalent to 4 ECTS). This includes live sessions, recorded lectures, reading assignments, and practical application tasks.

Course Schedule & Investment - August 2025

Course Completion Requirements

To earn your certification, you will need to:

1. Attend to the live sessions (recordings available for missed sessions)
2. Complete all assigned readings and supplementary materials
3. Submit all practical assignments with passing scores
4. Pass the final theoretical examination with a minimum score of 70%
5. Successfully develop and present a comprehensive nutrition plan case study

Our focus is on ensuring you not only understand the material but can apply it effectively in real-world coaching scenarios. The assessment process is designed to verify both your theoretical knowledge and practical competence.



Invest in Your Expertise

The IFBB Nordic Academy Advanced Nutrition Course represents a significant investment in your professional development and career potential. Our flexible payment options are designed to make this world-class education accessible to committed professionals at various career stages.

Payment Options

Payment Option	Details
One-Time Payment	€899
6-Month Plan	€149.83 / month (Total: €899)
12-Month Plan	€74.92 / month (Total: €899)

What Your Investment Includes

Comprehensive Education

- 27 hours of live instruction
- Over 80 hours of self-paced learning
- 740+ pages of course materials
- Regular updates based on new research

Practical Tools

- Client assessment templates
- Meal planning software access
- Nutrition calculation spreadsheets
- Progress tracking systems

Career Development

- Globally recognized certification
- IFBB professional network access
- Marketing materials for graduates
- Listing in IFBB professional directory

Return on Investment

Graduates of our program typically report significant returns on their investment through:

- **Increased client acquisition:** The prestigious IFBB certification helps attract serious clients willing to invest in expert guidance
- **Higher service rates:** Specialized knowledge allows graduates to command premium pricing for their expertise
- **Improved client results:** Evidence-based methods lead to better outcomes, increasing referrals and retention
- **New service offerings:** Many graduates develop specialized nutrition packages that create additional revenue streams

Ready to Elevate Your Expertise?

The August 2025 **Advanced Nutrition Course** equips you with the knowledge and practical skills to effectively guide clients, improve athletic performance, and promote long-term health through evidence-based nutrition.

Don't just follow trends. Understand the science. Lead the field.

In today's fitness industry, nutritional advice is abundant but quality guidance is rare. Clients are increasingly savvy about the difference between evidence-based recommendations and fad diets or pseudoscience. The IFBB Nordic Academy Advanced Nutrition Course prepares you to stand out in this competitive landscape by providing:

Scientific Credibility

Ground your recommendations in peer-reviewed research and physiological principles, not anecdotes or trends.

Practical Expertise

Translate complex nutritional science into actionable strategies that clients can understand and implement.

Ethical Coaching

Develop the knowledge to provide responsible guidance that prioritizes client health alongside their aesthetic or performance goals.

Professional Recognition

Join an elite community of evidence-based practitioners respected throughout the fitness and bodybuilding world.

"The IFBB Advanced Nutrition Course transformed my coaching practice. I now approach client nutrition with confidence and precision that sets me apart from other trainers. My clients achieve better results, and my business has grown significantly as a result of the expertise I gained."

— Erik Johansson, Personal Trainer & IFBB Coach, Stockholm

Join the IFBB Nordic Academy and become a leader in fitness nutrition.

Your journey toward nutrition mastery starts here. Take the next step in your professional development and join the ranks of elite coaches who are shaping the future of fitness and bodybuilding nutrition in the Nordic region and beyond.

Contact Us & Register

Get in Touch

We're here to answer your questions and help you determine if the IFBB Nordic Academy Advanced Nutrition Course is the right fit for your professional goals.

Contact Information

✉ Email: info@ifbbacademynordic.com

🌐 Website: <https://education.ifbbacademynordic.fi/ifbb-nordic-academy-advanced-nutrition-course-iv-august-2025>

📱 Follow Us: @ifbbacademynordic at Facebook, Instagram, TikTok & YouTube <https://www.instagram.com/ifbbacademynordic/>

Frequently Asked Questions

Is this course suitable for beginners?

While we welcome motivated beginners, the course is designed for those with some background in fitness or nutrition. Basic knowledge of macronutrients, energy balance, and training principles is beneficial.

What if I can't attend all the live sessions?

All sessions are recorded and made available within 24 hours. While we encourage live participation for interactive learning, you can complete the course successfully using the recordings.

How long do I have access to the course materials?

You receive lifetime access to all course materials, including future updates. The IFBB Nordic Academy is committed to keeping content current with evolving research.

What language is the course taught in?

Live sessions are conducted in English, but course materials are available in English, Finnish, Swedish, Norwegian, Danish, and Estonian.



Registration Process

1. Complete the online application form
2. Receive confirmation within 2 business days
3. Select your preferred payment plan
4. Access preliminary materials and community forum
5. Begin your journey to nutrition expertise



Limited Enrollment

To ensure quality instruction and personalized attention, each course intake is limited to 30 participants. Early registration is recommended.

SECURE YOUR PLACE NOW