

American Nutrition Association

Advanced Ketogenic Nutrition Training Program

18 CE

Dates

- Open enrollment
- Course is to be completed within 6 months of registration

Course Learning Outcomes

Upon successful completion of the course, learners will be able to:

1. Understand the history and current and future applications of the ketogenic diet
2. Understand the basic mechanisms of ketone metabolism
3. Prescribe a well-formulated ketogenic diet
4. Assess and monitor individuals following a ketogenic diet; and troubleshoot as needed
5. Utilize the tools provided in the course for the implementation of the ketogenic diet
6. Differentiate between when the ketogenic is appropriate or not appropriate for clients/patients
7. Understand the science supporting the use of ketogenic diet in multiple chronic health concerns

Required Materials and Equipment

1. Certified Ketogenic Nutrition Training Manual (electronic version is provided in the online course)
2. Internet access

Course Expectations

This is a self-paced, online program that contains six (6) modules. Your course will be open for six (6) months from the date of registration and can be completed anytime within this time frame. Each module is expected to take approximately 8-10 hours to complete. Learners are expected to pass the module quiz (80% or higher) before being able to move on to the next module. Upon successful completion of all modules, learners will be eligible to apply for the Certified Ketogenic Nutrition SpecialistSM Exam. (The exam is offered several times per year.)

Course Material

Each module contains the following lessons:

- Required reading: This include a chapter from the Training Manual as well as additional journal articles that can be accessed through PubMed or sci-hub.tw as open access articles.
- Required PowerPoint Video/Slides: The video does not contain audio. It is a brief video of PowerPoint Slides that contain some animations. The PowerPoint presentations are intended to enhance your learning. A PDF version of the slides is available in the course resources for those who wish to print it, save it or make notes on it.
- Required viewing of videos or lectures: The length and number of videos varies per module
- Module Quiz: Each module includes a quiz and will require a passing grade of 80% or higher to proceed to the next module. Quizzes are not timed and you can take it an unlimited number of times to achieve the passing grade.

Course Schedule

| Module & Topics | Assignments |
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| Pre-Requisites | <ul style="list-style-type: none"> • Complete the verification process to meet the pre-requisites |
| Course Introduction <ul style="list-style-type: none"> • Be familiar with the online course layout and tools • Be familiar with what to expect from the course | <ul style="list-style-type: none"> • View the video on how to use the online course and tools • View the introductory video on the Ketogenic Nutrition course |
| Module I: Ketone Metabolism & Historical Clinical Evidence <ul style="list-style-type: none"> • Overview of ketone terminology • Metabolism from a carbohydrate restricted perspective • History of the Ketogenic Diet | <ul style="list-style-type: none"> • Read Module 1 in Ketogenic Nutrition Training Manual • Review the module PowerPoint video and handout • Read selected journal articles • View selected videos • Complete module quiz |
| Module II: How to Formulate a Ketogenic Nutrition Plan <ul style="list-style-type: none"> • The myth of a single diet • Ketogenic diet formulation • Food Lists • Ketogenic Diet variants • Troubleshooting and other common concerns | <ul style="list-style-type: none"> • Read Module 2 in Ketogenic Nutrition Training Manual • Review the module PowerPoint video and handout • Read selected journal articles • View selected videos • Review the Module Handouts/Resources |

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| | <ul style="list-style-type: none"> • Complete module quiz |
| Module III: Assessment, Implementation and Monitoring <ul style="list-style-type: none"> • Baseline assessment • Contraindications • Ketogenic diet implementation • Monitoring and testing | <ul style="list-style-type: none"> • Read Module 3 in Ketogenic Nutrition Training Manual • Review the module PowerPoint video and handout • Read selected journal articles • View selected videos • Review the Module Handouts/Resources • Complete module quiz |
| Module IV: A Case for Ketogenic Diet in Disorders of Insulin Regulation <ul style="list-style-type: none"> • Physiological roles of insulin • Type 2 diabetes • Type 1 diabetes • Metabolic Syndrome • Obesity • Cardiovascular Disease • Hypertension • Gout • PCOS • Men's Health | <ul style="list-style-type: none"> • Read Module 4 in Ketogenic Nutrition Training Manual • Review the module PowerPoint video and handout • Read selected journal articles • View selected videos • Complete module quiz |
| Module V: A Case for Ketogenic Diet in Cancer Treatment Regimens <ul style="list-style-type: none"> • Historical view of cancer • Cancer origin theories • Cancer treatment options • Toward a cancer specific diet • Current knowledge of ketogenic diets in cancer • Diet formulation and special considerations | <ul style="list-style-type: none"> • Read Module 5 in Ketogenic Nutrition Training Manual • Review the module PowerPoint video and handout • Read selected journal articles • View selected videos • Complete module quiz |
| Module VI: A Case for Ketogenic Diet in Neurological Conditions <ul style="list-style-type: none"> • Basic Neuron Structure and Function • Brain Energy Metabolism • Epilepsy • Multiple Sclerosis (MS) • Parkinson's Disease (PD) • Alzheimer's Disease (AD) • Traumatic Brain Injury (TBI) • Amyotrophic Lateral Sclerosis (ALS) • Migraine • Obstacles to Healthy Neurological Function | <ul style="list-style-type: none"> • Read Module 6 in Ketogenic Nutrition Training Manual • Review the module PowerPoint video and handout • Read selected journal articles • View selected videos • Complete module quiz |