



COURSE CATALOG

2025

HOW IT BEGAN

Metabolic Mentor University was created from a vision - a vision of disrupting the healthcare industry to give individuals the life they truly deserve... one where they don't just "survive," but rather experience vitality.

Vince Pitstick, founder of Metabolic Mentor University, has been in the health and wellness field for over 15 years. He used his background in personal training and fitness to blend performance nutrition programs with functional medicine sciences while working as a functional medicine consultant for a well-known company in the field, Metagenics.

Vince helped hundreds of physicians bring natural based programs to their office with the latest in nutrigenomic technology and health coaching to help their patients. In his mission to create impact, he opened his health coaching company, Nutrition Dynamic, in 2012. Nutrition Dynamic impacts thousands of clients across the world through programs specializing in gut health, autoimmunity, blood sugar, weight management, metabolic resistance, PCOS, thyroid dysfunction, and more.

Seeing the need for change in the quickly growing fitness industry, Vince created a partnership with Allen Cress, co-owner of Metabolic Mentor University. Allen developed our hybrid training programs to help develop personal trainers and coaches that are adequately prepared to address the increasing number of health issues prevalent in today's society.

Their passion to create change now extends well past the lives of individual clients... They want to change the industry, and we need your help to do it.

Metabolic Mentor University (MMU), founded in 2020, teaches coaches, doctors, dietitians, nutritionists, physical therapists, and personal trainers how to be the best in the industry by changing how health programs are delivered forever.

These courses are heavily ingrained in education and protocols that are used daily by Vince & Allen's coaching companies - Nutrition Dynamic and Maximum Performance Health. Through this partnership, we are able to bring you time-tested and evidence based programs.

In taking our courses, you've joined us in the fight to revolutionize the health and wellness industry and we are thrilled to have you here.



LIFESTYLE & CHRONIC DISEASE IS TAKING OVER THE GLOBE

700,000

Will die of **Cardiovascular Disease** this year

350,000

will be hospitalized from **adverse drug reactions** this year

5 million

women suffer from **PCOS**

6.1 million

women suffer with **fertility issues**

51%

of the population will be **obese** by 2030

47 million

will have **metabolic syndrome** this year

23.5 million

autoimmune sufferers

HEALTH COACHING IS BREAKING FREE FROM IT'S WEIGHT LOSS BEGINNINGS

Health Coaching

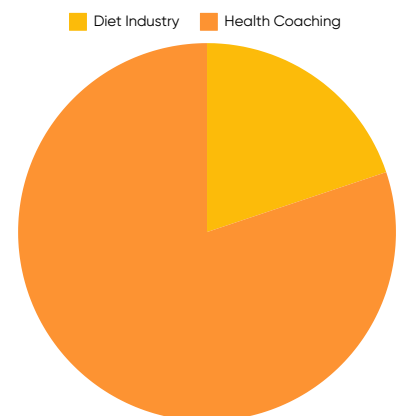
\$351 Billion

- Fertility
- Mood Disorders
- Gut
- Hormones
- Joint/Pain Management
- Personal Training
- Lifestyle Coach
- Weight loss & Diet

Diet Industry

\$87 Billion

- Fat loss coach
- Personal Training
- Lifestyle Coach
- Weight loss & Diet



The functional health industry is overflowing with opportunity. Learn the tools today that will make you stand out and change the trajectory of your career forever.

The coaching industry is being disrupted by hybrid coaches who have the **tools, knowledge, and resources** to get REAL results for anyone, with any health related issue.

**WEIGHT LOSS
RESISTANCE,
INFLAMMATION,
AUTOIMMUNE**



SIBO & GUT DYSBIOSIS



**ACNE, ECZEMA & SKIN
CONDITIONS**

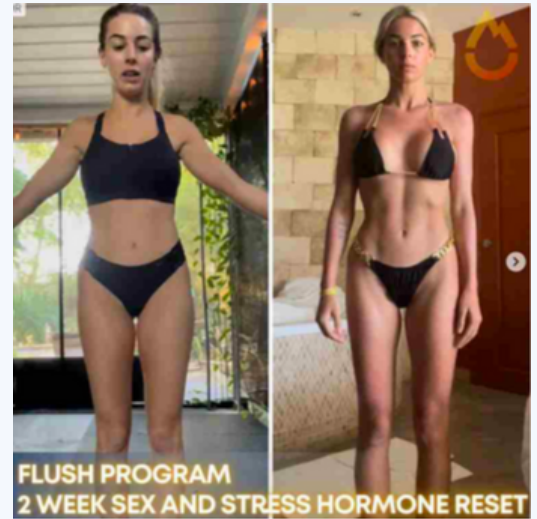


Do you have what it takes to stand out in the industry?

THYROID DYSREGULATION



HORMONE IMBALANCE



IBS/IBD AND OTHER GI CONDITIONS



MMU FUNCTIONAL HEALTH PRACTITIONER CERTIFICATION

Overview

Our Functional Health Practitioner Certification program was created as a result of our company mission ‘the 1 in 100’ which means that we aim to support so many Functional health Practitioners that for every 100 people globally, we have a practitioner who can help them on their health journey.

This certification gives you a combination of experiential and intellectual learning that supports your development as a coach, differentiates your client results, and helps you stay relevant in a rapidly growing industry.

We believe that functional health will change the world. Join our mission!

Program Facts:

- ✓ NASM, AFAA & ACE Accredited
- ✓ 8 months of learning
- ✓ Live cohort/self-paced combo learning
- ✓ Individualized learning - create your own learning path
- ✓ Automatically graded quizzes to test your knowledge and assess learning
- ✓ Final Exam uniquely graded with instructor feedback

Curriculum

Students are required to complete the following to sit for our Functional Health Practitioner Certification Exam:

COURSE	TYPE OF LEARNING	CREDIT HOURS
Level 1 Functional Health	Blended – Self Paced, Live Cohort	55
Level 2 Functional Health	Self Paced	50
Level 3 Functional Health	Self Paced, Individualized	20 Required

LEVEL 1 FUNCTIONAL HEALTH COURSE

Overview

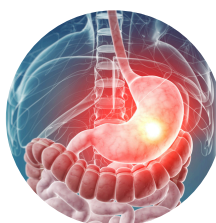
Our Level 1 Functional Health Course gives you the option to move at your own pace or join a live cohort that meets twice weekly. Upon graduation you will be a Level 1 Certified Functional Health Coach ready to use your knowledge to help people achieve their health goals. In our Level 1 program you will uncover the foundations of a functional root-cause approach while learning our proprietary 4F system that will have you unlocking your best client results yet. As a bonus, we've put together lessons on the top 'must-know' business & marketing skills to ensure that your coaching business experiences growth in our program right from the beginning

Our 4F System methodically works through the body systems to give each of them nourishment and repair full body functioning while also supporting body composition goals.



Flush

The Flush Phase is focused on full body detoxification to fire up the metabolism. The Flush removes all common allergens and inflammatory foods, while opening up detox pathways with high levels of targeted micronutrients.



Feed

The Feed Phase gives you time to implement gut microbiome work and improve insulin sensitivity while getting the client's calories as high as possible with a flexible food exchange system.



Function

The Function Phase works to optimize hormones and change programming to focus more on body composition. With a healthy microbiome, nourished adrenals, improved thyroid function, balanced hormones, and a metabolism that's burning up - getting physique changes becomes a lot easier!



Fast

The Fast Phase encompasses the idea of removal of a specific stimulus for a period of time. There are many things we can fast from: sugar, processed foods, watching tv before bed, social media, supplements, certain types of workouts, or even fasting a certain amount of hours in a day! Learn how to cycle periods of "push" versus "pull" to get sustainable results.

Course Outline

TIMELINE

MODULE(S) & OUTCOMES

Pre-Class

**New Student Orientation
Business Basics Course**

Week 1

Module 1: Functional Foundations Lessons 1-4

Learning Objectives:

1. Students will be able to identify the core principles of Dynamic Eating, as well as, explain how food journaling can be a tool to evaluate them.
2. Students will be able to explain the importance of a well-balanced plate, phytonutrient density, glycemic awareness, and mindful eating to prevention and symptom reduction of lifestyle-induced chronic disease.
3. Students will be able to describe the Standard American Diet (SAD) and how it can impact nutrigenomics.

TIMELINE

MODULE(S) & OUTCOMES

Week 1

4. Students will be able to explain the importance & process of healthy blood sugar regulation, as well as, define glycemic index & glycemic load.
5. Students will be able to explain the characteristics of functional nutrition, as well as functional "hybrid" nutrition.

Week 2

Module 2: Functional Foundations Lessons 5-8

Learning Objectives:

1. Students will be able to explain what nutritional supplements are and why they can be useful tools.
2. Students will be able to identify common stressors that can deplete the body of nutrients as well as the common nutrient deficiencies in chronic disease.
3. Students will be able to identify targeted nutritional supplements based on specific needs, such as insulin/glucose management, digestive support, liver support, cardiovascular health and lipid metabolism, brain function, hormone health, joint support, and stress support.
4. Students will be able to describe the characteristics of medical grade versus consumer grade supplementation.
5. Students will be able to explain what a medical food and selective kinase response modulator (SKRMs) are and the disease states they can support.
6. Students will be able to describe circadian rhythm and how to maximize it to improve health & vitality.

Week 3

Module 3: 4F System

When clients make a health-based change, they need a systematic approach, or process, that helps the coach & client navigate all the variables that are at play.

Learning Objectives:

1. Students will be able to identify the steps in the 4F process as well as paraphrase the intent of each step.
2. Students will be able to explain the importance of environmental adaptation to the process of improving health, vitality, and body composition.

Module 4: Client Assessment & Relationship Building

This module is designed to show the importance of the client's intake session – from the questions asked to the materials used, a thorough intake process ensures that you and your client hit the ground running.

Learning Objectives:

1. Identify the importance of the coach-client relationship and how to build trust.
2. Define motivational interviewing and practice implementation of this valuable coaching technique.
3. Use state of the art assessment tools to evaluate client's health and lifestyle behaviors.

Module 5: Biofeedback

Understanding biofeedback will help your client stay the course, and ultimately support you in getting the most successful results in your coaching relationship.

TIMELINE

MODULE(S) & OUTCOMES

Week 3

Learning Objectives:

1. Students will be able to define biofeedback and identify various markers that can be used to track it (using minimal technology).
2. Students will be able to analyze biofeedback markers, use this insight to gain awareness into a client's physiology and mental wellbeing, and evaluate the need for updated programming.

Week 4

Module 6: Flush Phase Lesson 1

Learning Objectives:

1. Students will be able to explain the importance of full body detoxification, as well as identify the negative effects of toxicity on the body.

Week 5

Module 7: Flush Phase Lesson 2

2. Students will be able to explain the three phases of liver detoxification, including the key nutrients involved in each phase.
3. Students will be able to explain how yo-yo dieting can downregulate the metabolism, disrupt hormonal balance, and ultimately lead to poor body composition.
4. Students will be able to explain the purpose of a flush phase, including the goals of the flush and the main systems that need to be stimulated during the phase
5. Students will be able to create a flush plan based on a mock client's specifications, symptoms, and history.

Week 6

Module 8: Feed Phase Lesson 1

Learning Objectives:

1. Students will be able to explain the purpose of a feed phase, including the goals of the feed and the main system(s) that need to be stimulated and supported during the phase.

Week 7

Module 9: Feed Phase Lesson 2

2. Students will be able to explain each step of the 5R gut program as well as identify supplements, foods, and strategies that could be used in each step and their function.
3. Students will be able to explain how the feed phase and 5R gut program overlap and work together.
4. Students will be able to identify a probiotic (genus, species, and strain) that has been shown to be effective in a given situation.

Week 8

Module 10: Function Phase Lesson 1

Learning Objectives:

1. Students will be able to explain the goals of the function phase, including the transition from feed into function and how to navigate nutritional support for body composition goals.

Week 9

Module 11: Function Phase Lesson 2

2. Students will be able to identify the hormone pathways and understand the role each hormone plays in the overall balance of the dynamic system.
3. Students will be able to identify nutritional support for the different phases of the menstrual cycle.

TIMELINE	MODULE(S) & OUTCOMES	
Week 10	Module 12: Fast Phase Lesson 1	Learning Objectives: <ol style="list-style-type: none">1. Students will be able to explain the basics of mitochondrial health and the role it plays in disease progression.2. Students will be able to identify various forms of fasting and the benefits of each.3. Students will be able to lead a client through a full 4F system protocol in its entirety, and explain the importance of each phase and how it impacts the other steps.
Week 11	Module 13: Fast Phase Lesson 2	
Week 12	Module 14: Final Exam & Wrap Up	
Week 13	Graduation	

The Level 1 Live Cohort Model will require an average of 3-6 hours weekly for 13 consecutive weeks. This estimate includes time allotted for the 2 weekly calls.

LEVEL 2 FUNCTIONAL HEALTH COURSE

Overview

Our Level 2 Functional Health Course is completely self-paced and will take approximately 50 hours to complete. In addition our Level 2 Functional Health Course includes enrollment into our Labs Track Course. You can jump into these modules at any time. We recommend completing it alongside your Level 2 Journey, as you'll find the topics coincide and will increase your understanding of the material.

Upon graduation you will be a Level 2 Certified Functional Health Coach capable of effectively incorporating functional lab work into your coaching practice through comprehensive assessment and individualized protocols in areas like thyroid, hormones, fat loss and metabolic disease.

Course Outline

MODULE(S)	OUTCOMES
Module 1: ID Your Client	<p>This module will help sharpen your coaching skills to build strong, effective relationships with your clientele.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. To evaluate clients on a scale from disease to health. 2. To discuss relationship building strategies and techniques to strengthen communication and coaching skills.

MODULE(S)

OUTCOMES

Module 2: Advanced Biofeedback

It's time to take it to the next level with crucial biofeedback markers like: blood glucose, blood pressure, and heart rate variability.

Learning Objectives:

Module 3: Stress

It's important to recognize how we handle stress and the negative/positive impacts that it may play on our health. In this module, we will dive deep into stress, the effect it has on the body, and how to transform that stress with management tools.

Learning Objectives:

1. Students will be able to explain how stress impacts the body (including the central nervous system, adrenals, thyroid, sex hormones, glucose regulation, the gut, etc.).
2. Students will be able to analyze different stress response types and their corresponding support protocols.
3. Students will be able to list and explain the 3 steps to managing the stress response
4. Students will be able to describe what herbal adaptogens are as well as explain the benefits or applications of various herbs that have adaptogenic effects.

Module 4: Inflammation

In this module, you'll gain a deeper understanding of inflammatory processes, what triggers them, and how to use nutritional supplementation to improve health.

Learning Objectives:

1. Students will be able to define inflammation and identify the root causes.
2. Students will be able to identify nutrition and supplement support to help manage inflammation.
3. Students will be able to explain the process of how pain is "made" in the body as well as identify strategies to reduce pain.
4. Students will be able to explain how a non-steroidal anti-inflammatory drug (NSAID) and a selective kinase response modulator (SKRM) differ in the process to help reduce inflammation.
5. Students will be able to explain what specialized pro-resolving mediators (SPMs) are and how they assist in managing inflammation.

Module 5: Thyroid Mastery

Understanding the connection of thyroid to the body, the cells, and the metabolism will become crucial as your client's look to you for a deeper understanding of the role this plays in their health journey.

Learning Objectives:

1. Students will be able to describe what the thyroid is, state the purpose of the corresponding hormones (TRH, TSH, T3, T4, and RT3), and explain the thyroid hormone conversion cycle.
2. Students will be able to explain what hypothyroidism and hyperthyroidism are, as well as how they differ.
3. Students will be able to differentiate between clinical reference ranges and "optimal" ranges for thyroid lab markers.
4. Students will be able to identify nutrients that support the thyroid (TSH/pituitary communication, T4 production, T3 conversion, and receptor site health).
5. Students will understand how to implement nutritional strategies to support thyroid autoimmune conditions.

MODULE(S)

OUTCOMES

Module 6: Blood Glucose

At home glucose testing is an accessible, cost-effective strategy to receive physiological feedback from your clients and help keep them motivated by their internal progress.

Learning Objectives:

1. Students will be able to describe how to perform a fasted blood glucose test and a 2-hour postprandial glucose test as well as explain how these tests play a role in client biofeedback.
2. Students will be able to describe what a healthy blood glucose pattern looks like versus a pattern that can trend toward disease.
3. Students will be able to explain what impacts blood glucose and use this information to assess the root cause of blood sugar dysregulation.
4. Students will be able to identify nutritional strategies to support healthy blood sugar responses and regulation.

Module 7: Hormones

In the function phase of the 4F system, you learned why hormone balance is key for achieving long term results. Let's gain a deeper understanding of how to optimize hormone pathways for specific goals.

Learning Objectives:

1. Students will be able to define each sex hormone and their role in the dynamic system.
2. Students will identify different types of hormone testing and develop an understanding of common lab work.
3. Students will be able to describe how to use nutritional strategies to support hormones throughout the menstrual cycle.

Module 8: Genetics

In some of your more complex cases that you just can't crack, genetics testing may illuminate areas of priority and change the way you approach your protocols. Let's dive in!

Learning Objectives:

1. To discuss genetic testing and why it's valuable.
2. To develop an understanding of the most common genetic variations.
3. To gain insight into the crucial role methylation plays in various aspects of health.

Module 9: Cardiovascular Disease

In this module, we will focus on cardiovascular disease, hypertension and heart health. Cardiovascular disease is the leading cause of death in the world, yet many people are on multiple medications to prevent this exact thing from happening. Let's dive in!

Learning Objectives:

1. To discuss statistics regarding cardiovascular health in the population.
2. To identify shortcomings in the current allopathic approach to assessing cardiovascular disease health.
3. To gain a deeper understanding of risk factors for CVD & CHD, how to assess lab work, and how to implement nutrition, lifestyle and supplemental strategies to prevent and reverse these conditions.

Module 10: Body Image

Having the tools to gain insight into the client's struggles will help you truly identify barriers to change, barriers to process and barriers to their overall success.

LABS TRACK

Bloodwork

- Foundations of Bloodwork: CBC, CMP, A1C, Vitamins & Minerals
- Thyroid Panels
- Lipid & Fractionated Lipid Panels
- Tiered Autoimmune Panels
- Female Fat Loss, Sex Hormones & Metabolic Disease Panels
- Male Fat Loss Panel
- OID Panels

DUTCH Testing

- Choosing the right DUTCH Test
- DUTCH 101 Training
- Male DUTCH Complete

Stool Analysis

- GI Map
- Genova Stool
- Gut Zoomer

ZRT Tests

- Cardiometabolic Profile
- Thyroid Profile
- Female Profile
- Cortisol Profile
- 4 Point Cortisol

Genetic Testing

- Strategene
- GX Sciences PRO 7
- 3x4 Blueprint

Specialty Testing

- Genova Organic Acid Test
- MRT Food Sensitivity Test
- Spectracell Micronutrient
- Great Plains Lab MycoTox
- Great Plains Lab OMEGA 3 Index

LEVEL 3 FUNCTIONAL HEALTH COURSE

Overview

Our Level 3 Functional Health Course is completely individualized with a 'Build Your Own' structure requiring 20 credit hours of your choosing from the list below. Once you've completed the required credit hours, then you are eligible to sit for our Functional Health Practitioner Certification Exam.

This path is truly for the practitioners who want to submerge themselves into a transformative and inspiring learning process that will give them the confidence to tackle the toughest cases and conditions.

Mini-Course Outlines

Mini-Course (Credit Hours)

MODULE(S)

OUTCOMES

Taking Charge of Fertility (3)

Module 1: Menstrual Cycle & Ovulation

Learning Objectives:

1. Students will understand the menstrual cycle phases and influencing factors.
2. Students learn to identify signs/symptoms impacting the menstrual cycle and tracking ovulation
3. Students will know implementation steps to support clients menstrual cycles

Module 2: Fertility & Prenatal Support

Learning Objectives:

1. Students will learn lab work ups for male and female fertility markers.
2. Students will identify important prenatal nutritional strategies including detoxification, microbiome balance, adrenals, and more.

Hybrid Training Systems (8)

Module 1: Types of Training Stimulus

Learning Objectives:

1. To define strength, hypertrophy, and metabolic training: local and global.
2. To gain a deeper understanding of adaptations for each type of training stimulus.

Module 2: Programming Variables

Learning Objectives:

1. To identify when and how to utilize programming variables like reps, intensity, tempo, and rest.
2. To discuss periodization and using it effectively within a client's programming.

Module 3: Building Programs

Let's take a look at some programming to gather a better idea of how this plays out in real life applications.

Module 4: Training for Specific Diets

Learning Objectives:

1. To identify when and how to utilize programming variables like reps, intensity, tempo, and rest.
2. To discuss periodization and using it effectively within a client's programming.

Module 5: Training Growth & Cut Strategies

Learning Objectives:

1. To learn general training principles for growth programs and fat loss periodization.
2. To integrate the growth and cut macro strategies into training systems for maximum results.

Module 6: Physique Focused Flush Strategies

Learning Objectives:

1. Understand the importance of full body detoxification in achieving a physique goal.
2. Implement your knowledge through creation of flush plans that are tailored more to an athlete.

Mini-Course (Credit Hours)

MODULE(S)

OUTCOMES

Metabolic Resistance (9)

Module 1: Metabolic Resistance Foundations

Learning Objectives:

1. To define metabolic resistance and metabolic compensation.
2. To identify causes of weight loss resistance.
3. To understand the progression from metabolic compensation into metabolic resistance.

Module 2: Metabolic Resistance Fat Loss Strategies

Learning Objectives:

1. To identify key things to look for in metabolic resistance.
2. To learn a variety of strategies for the metabolically resistant population.
3. Gain education on the 2-2-3- Metabolic Resistance Strategy and practice implementation with case study clients.

Module 3: Mitochondrial Fitness

Learning Objectives:

1. To gain knowledge around more advanced fasting techniques
2. To learn about the mitochondria and steps to support its health & function.

Module 4: Keto Strategies

Learning Objectives:

1. To understand the indications for using keto in a client's protocol.
2. To discuss the beneficial effects keto can have on biomarkers.
3. To practice implementation of keto recommendations and protocols.

Skin Conditions (2)

Module 1: Acne, Psoriasis, Eczema

In this mini-course, we cover a functional approach to common skin conditions: acne, psoriasis, and eczema. Understand the root cause and how inflammation plays a role.

Learning Objectives:

1. Understand the formation and pathogenesis of these conditions.
2. Students will identify common triggers of skin conditions
3. Students will have knowledge of appropriate lab testing, nutrition and strategic supplementation protocols for mitigation of skin symptomatology.

HRT & Peptides (6)

Module 1: Medical & Coaching Collaboration

In this module you'll uncover the benefits of collaborative care between multiple health practitioners.

Mini-Course (Credit Hours)

MODULE(S)

OUTCOMES

HRT & Peptides (6) *continued*

Module 2: Patient Candidacy

Is your patient a good candidate for therapy? Learn how to properly assess and identify risks.

Module 3: Lab Work Considerations

Lab Marker Considerations & interpretation when patients are using HRT & peptides in their health journey.

Module 4: Hormone Replacement Therapy

Delivery methods, risks, and keys to success for estradiol, testosterone and progesterone therapy!

Module 5: Peptides

Peptides can be used for a variety of functions. Everything from recovering better to getting a nice tan! What are peptides and how do you use them? Find out in this module.

Autoimmune Mastery (5)

Module 1: The Immune System

Learning Objectives:

1. To examine the various cells of the immune system and their unique functions.
2. To understand the variation between an underactive and overactive immune system.
3. To learn how to use nutritional supplementation to support an appropriate immune response and strengthen the body's defense system

Module 2: Autoimmune Disease

Learning Objectives:

1. To define autoimmune and diagnostic makers.
2. To discuss signs and symptoms of immune dysfunction.
3. To gain tools and techniques to reduce inflammation, antibodies and support the immune system.
4. To identify laboratory tests and the tiers of progression.

Advanced Hormones (6)

Module 1: PCOS

In this module, you will learn how PCOS is often completely missed, misunderstood, and handled with a lack of tools on how to manage symptoms and improve quality of life.

Learning Objectives:

1. To learn about the various forms of PCOS.
2. To understand how diet, lifestyle, and supplementation strategies can improve health and weight loss outcomes in PCOS individuals.
3. To identify PCOS in the DUTCH Test and lab work.

Mini-Course (Credit Hours)

MODULE(S)

OUTCOMES

Advanced Hormones (6)

Module 2: Birth Control

Learning Objectives:

1. Students will look at how birth control is used globally, common birth control misconceptions, implications of hormonal and non hormonal birth control options.
2. Students will understand how birth control works on a physiological level and identify how different types can impact health.

Module 3: Advanced Hormone Conditions

Learning Objectives:

1. Students will be able to describe hormone imbalances such as secondary amenorrhea, estrogen dominance, progesterone deficiency, androgen dominance.
2. Students will be able to list key vitamins, minerals and plant-based support for optimizing hormones.

Advanced Gut Protocols (6)

Module 1: GI Disorders

Learning Objectives:

1. Students will be able to describe gastrointestinal anatomy and physiology.
2. Students will be able to differentiate GI conditions and symptomatology such as heartburn, GERD, Ulcers, H. Pylori, Gastritis, Dysbiosis, Gallbladder Dysfunction, constipation, diarrhea, IBS, IBD, and related conditions like BV and UTIs.

Module 2: Carb Pulse Strategies

Learning Objectives:

1. Students will be able to describe nutritional pulsing methods for advanced gut strategies to use during a 5R protocol.

Module 3: GI Post Care & Prevention

Learning Objectives:

1. Students will be able to identify key parts of GI post care and relapse prevention.
2. Students will be able to describe estimated timelines for different phases of the repair phases.



ARE YOU READY TO JOIN THE 1 IN 100?



STEP 1

Curious what it looks like to be an MMU Student? Come take a tour with us!

[Take a Virtual
Tour of MMU](#)



STEP 2

Join The 1 in 100 Project, our private community to get access to bonus trainings, case study breakdowns and other exclusive content.

[Join Our Private
Facebook Group](#)



STEP 3

Ready to become a Functional Health Coach or Practitioner and see if you're a good fit for MMU? Click below 🗨️

[Apply for Enrollment](#)
and book a call with
a student advisor