

Nutrition to Support Physical Activity and Exercise

Summary

If you are looking to work in the fitness industry, this qualification can help you stand out. You will learn how to support clients to improve their eating habits, deepening your understanding of healthy eating and weight management. The course offers knowledge essential for any fitness professional - giving you the skills to analyse your clients' nutritional intake so you can offer advice and develop their fitness programme.

Course Provider	Health and Fitness Education (HFE) Unit 1A, Keepers Wood Way, Chorley, Lancashire PR7 2FU 0800 612 4067 www.hfe.co.uk
Qualification Accreditation	YMCA Awards / CIMSPA
Academic level	Level 3
PET entry requirements	Level 2 English
Format of course material	Paper-based
Structure of course	<ol style="list-style-type: none"> 1. Fundamentals of health and nutrition 2. Improving health and well-being 3. Nutrition monitoring and data collection techniques
Assignments	11 written assignments
Exam	None
Study hours	40
Course expiry date	12 months
Prison support requirements	Facilitate tutor support via email. This often requires scanning learner assignments and email them to their tutor.
Supplier tutor's support	Yes - accessed via prison staff and also directly using EMAP. Assignment feedback given and questions answered.
Certificate	A printed certificate is provided upon successful completion.
Progress	There are range of possible progression options, including Business Skills for the Fitness Professional, Sports Coaching and Psychology, Social Science and Wellbeing OU Access Module (Y034). Call our free Advice



	Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).
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