

## Nutrition to Support Physical Activity

### Summary

This course helps you develop your understanding of healthy eating and key nutritional principles to support your clients' goals. It also provides you with skills to analyse your clients' nutritional intake so you can offer advice and develop a fitness programme. You'll gain knowledge essential for any fitness professional, including on the digestive system, healthy eating guidelines and weight management, and design your own nutrition programme.

<b>Course Provider</b>	Health and Fitness Education (HFE) 7 & 8 Roundhouse Court, Barnes Wallis Way, Buckshaw Business Centre, Chorley, Lancashire PR7 7JN 0800 612 4067 <a href="http://www.hfe.co.uk">www.hfe.co.uk</a>
<b>Qualification Accreditation</b>	Qualification awarded by YMCA Awards, backed by CIMSPA Ofqual qualification 603/3098/3
<b>Academic/vocational level</b>	Level 3
<b>PET entry requirements</b>	Level 2 English
<b>Format of course material</b>	Paper-based and in a digital format (PDF or Word).
<b>Structure of course</b>	Workbook: <ol style="list-style-type: none"> <li>1. Principles of nutrition</li> <li>2. Important health and safety considerations</li> </ol> Case Study: <ol style="list-style-type: none"> <li>1. Create a 7-day food diary based on an individual's activity</li> <li>2. Analyse the results</li> <li>3. Produce a set of goals to improve the individual's dietary practices</li> </ol>
<b>Assignments</b>	There is a single worksheet and case study document to complete and submit. They are sent at the start of the course. They can be sent at the same time where possible but can be completed separately if preferred.  Course work will be marked with 7-days of receipt by post/email.
<b>Exam</b>	One multiple choice exam (15-minute) including 10 questions. The exam is available all-year round. Exam fees are included in the course cost.

	Refer to 'Prison support requirements'
<b>Estimated completion time</b>	52 hours
<b>Maximum course duration</b>	The course needs to be completed within 12-months. In case an extension was needed, prison staff to contact HFE directly.
<b>Prison support requirements</b>	Support assessment submission (ideally scan to the tutor or post). It is recommended to make copies in case assignments get lost; Help facilitate and invigilate exam Contact supplier for more info on assignment submission or exam facilitation and course extension. See contact details are above in the 'Course provider' section.
<b>Supplier tutor's support</b>	Yes, there is supplier tutor support available to mark assignments and learners' consultations. Tutors can be contacted directly or via prison staff. See 'Contact provider' section for more details
<b>Certificate</b>	A certificate is provided upon successful completion.
<b>Progress</b>	Another HFE Level 3 course  To discuss any progression routes, call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).