

YMCA Awards Level 2 Award in Nutrition for Healthy Living 600/5269/7

Purpose Statement

Overview

This award is for suitable for learners who wish to gain knowledge in diet and nutrition for their own use, as well as learners who wish to enhance the role they already have in the fitness industry.

Who is this qualification for?

- Those wanting to improve their own diet and nutrition
- Those wishing to want to gain an additional qualification to enhance their role in the fitness industry

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

No prior qualifications are needed to take this qualification

There are no age restrictions; learners may be pre-16.

What does this qualification cover?

The YMCA Awards Level 2 Award in Nutrition for Healthy Living is regulated by Ofqual and comprises of a total of 5 credits.

5 credits are achieved through completion of the following mandatory units:

- Diet and Nutrition for Healthy Living
- Food Groups and Digestion

Key topics/skills/knowledge covered:

- structure and function of the digestive system
- the glycaemic index
- the role of cholesterol, macro nutrients and micro nutrients
- guidelines for a healthy, balanced diet
- obesity and weight management

What could this qualification lead to?

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 2 Certificate in Fitness Instructing
- Level 3 Award in Nutrition for Physical Activity

Who supports this qualification?

This qualification is supported by:

Tresham College of Further and Higher Education
Windmill Avenue
Kettering
Northants
NN15 6ER
www.tresham.ac.uk

Tresham College values this qualification because they have stated it is a solid pre require for the Level 2 Fitness Instructor Qualification

Health and Fitness Education (Training Provider)
7&8 Roundhouse Court
Barnes Wallis Way
Buckshaw Business Centre
Chorley
Lancashire
PR7 7JN
www.hfe.co.uk

Health and Fitness Education values this qualification because they feel it provides learners with access to life improving information about diet and nutrition. They also added that the only other qualification of this nature is at Level 3, which is not always an appropriate level for some learners to start studying at.

Petroc College of Further and Higher Education
Old Sticklepath Hill
Barnstable
Devon
EX31 2BQ
www.petroc.ac.uk

Petroc College value this qualification because they feel it provides learners with basic underpinning knowledge in nutrition which in turn will assist learners in delivering fitness programmes. They also feel it will provide a good knowledge base in preparation for progression onto the L2 Certificate in Fitness Instructing as well as a good base to progress onto a Level 3 Nutrition qualification.