

YMCA Awards Level 3 Award in Nutrition for Physical Activity 501/0118/3

Purpose Statement

Overview

Who is this qualification for?

- Those who have a career in the active leisure and health and fitness sector.
- Those wishing to use the qualification as a platform for progression on to further learning within the health and fitness or active leisure sectors (see 'Progression to further learning' below)

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

There are no prior qualifications required, however it is recommended that learners hold a Level 2 Certificate in Fitness Instructing or equivalent to enable them to practically apply the course content, this qualification is aimed at individuals aged 16 +.

What does this qualification cover?

The YMCA Awards Level 3 Award in Nutrition for Physical Activity is regulated by Ofqual and comprises of:

- 1 mandatory unit with a credit value of 6

It equips learners with specialist knowledge, understanding and skills required to successfully offer healthy eating guidelines to clients involved in physical activity programmes.

Key topics/skills/knowledge covered:

- applying the principles of nutrition to a physical activity programme
- collecting, analysing and utilising nutritional information
- the principles of nutritional goal setting with clients
- providing nutritional advice in line with nationally recommended best practice

What could this qualification lead to?

Future employment possibilities

This qualification can improve employability for qualified fitness instructors and those instructors in the REPs physical activity advisor category.

Progression to further/higher level learning

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

- Apprenticeship in exercise and fitness
- Level 3 Certificate in Personal Training (if the learner already has the Level 2 Certificate in Fitness Instructing – gym-based exercise)

- Level 3 Diploma in Personal Training (if the learner already has the Level 2 Certificate in Fitness Instructing – gym-based exercise)
- YCMA Awards Level 3 Diploma in Teaching Pilates
- YCMA Awards Level 3 Diploma in Teaching Yoga
- Level 3 Diploma in Exercise Referral (if the learner already has the Level 2 Certificate in Fitness Instructing)

Who supports this qualification?

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. We exist to serve anyone with a benefit to be gained or a role to play in achieving that goal.

Ukactive's membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies, equipment suppliers and charities. Read more about ukactive here:

<http://www.ukactive.com/about-us>