

# YMCA Level 3 Award in Nutrition to Support Physical Activity (603/3098/3)

## Qualification Specification





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# YMCA Level 3 Award in Nutrition to Support Physical Activity (603/3098/3)

## Qualification Specification

Qualification number: 603/3098/3

Operational start date: 1 May 2018

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# Introduction

## About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether taking their first steps into fitness or simply wishing to boost their skills. Our high-quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards are an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all we have helped over 200,000 people launch and advance their careers.

## Qualification overview

This qualification is regulated by:

- Ofqual
- QW (Qualifications Wales)

## Qualification aim

The aim of this qualification is to develop knowledge and understanding of key nutritional principles and healthy eating to support client goals. It also provides the learner with skills to analyse client nutritional intake in order to offer advice within scope of practice and integrate into fitness programme design.

## Overview of knowledge, skills and understanding

Learners will cover:

- Understanding the principles of nutrition
- Understanding the influence of nutrition on health
- Understanding key nutritional guidelines and evidence-based recommendations and how they can be applied to individual clients
- Understanding the relationship between nutrition and physical activity
- Understanding how to collect information relating to nutrition
- Understanding how to use nutritional information
- Be able to identify and analyse nutritional information to identify clients dietary habits
- Be able to apply the principles of nutrition to a physical activity programme

## Target group and age range

Learners should be aged 16 plus.

## Qualification structure

To achieve the YMCA Level 3 Award in Nutrition to Support Physical Activity, learners must complete 1 mandatory unit, totalling 5 credits.

Unit reference number	Unit title	Level	Credit
L/616/4753	Nutrition to support physical activity	3	5

The Total Qualification Time (TQT) for this qualification is 52.

The Guided Learning Hours (GLH) assigned are. 36

## Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below);
- b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

## Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team).
- eLearning with a lecturer, teacher or tutor present/available in real time (the co-presence of learner and tutor can be either remote or in the same physical place).
- Invigilated assessment (external tests sat under controlled or open-book conditions).
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- eLearning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor.
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real time (for example, completing a Learner Assessment Record (LAR) at home).
- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of the quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to feedback before your next EQA visit, please email us: [awards.products@ymca.co.uk](mailto:awards.products@ymca.co.uk).

## Entry requirements

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

## Opportunities for progression

Learners may choose further same-level qualifications, for example:

- Level 3 Diploma in Teaching Pilates
- Level 3 Diploma in Teaching Yoga

Or, if the learner already holds a level 2 fitness instructing – gym based qualification

- Level 3 Diploma in Personal Training (Practitioner)
- Level 3 Diploma in Exercise Referral



## Mapping to standards

This qualification is mapped directly to The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Personal Trainer (Nutrition)

## Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website:

[www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre](http://www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre).

## Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website:

[www.ymcaawards.co.uk/approvals](http://www.ymcaawards.co.uk/approvals).

## Tutor, assessor and IQA requirements

Staff carrying out the delivery, assessment and internal quality assurance of these qualifications must be able to demonstrate that they meet the requirements listed below.

Centres are expected to support their staff in ensuring that their knowledge remains current for the occupational area and that staff maintain best practice in delivery, mentoring, training, assessment and verification, taking account of any national or legislative developments.

### Tutors

Tutors must:

- be technically competent in the areas for which they are delivering training. This competence must be at least to the same level as the training being delivered
- have recent relevant experience in the specific area they will be delivering
- be occupationally knowledgeable in all areas for which they are delivering training. This knowledge must be at least to the same level as the training being delivered
- have credible experience of providing training.

Tutors should ideally hold, or be working towards, one of the following qualifications:

- Level 3 Award, Level 4 Certificate or Level 5 Diploma in Education and Training
- Bachelor of Education (BEd)
- Certificate in Education (Cert Ed)
- Preparing to Teach in the Lifelong Learning Sector (PTLLS)
- Certificate in Teaching in the Lifelong Learning Sector (CTLLS)
- Diploma in Teaching in the Lifelong Learning Sector (DTLLS)
- City & Guilds Further and Adult Education Teaching Certificate

- Postgraduate Certificate in Education (PGCE)
- SVQ Learning and Development [units should relate to provision of learning and development]

If none of the above are held, the centre's YMCA Awards External Quality Assurer will discuss appropriate timescales by which tutors may achieve a recognised teaching qualification.

### Assessors

Assessors must:

- be technically competent in the areas for which they are assessing. This competence must be at least to the same level as the assessment
- have recent relevant experience in the specific area they will be assessing
- be occupationally knowledgeable in all areas for which they are carrying out assessment. This knowledge must be at least to the same level as the assessment
- have credible experience of providing training and assessment.

Assessors should ideally hold, or be working towards, one of the following qualifications:

- Level 3 Certificate in Assessing Vocational Achievement
- Level 3 Award in Assessing Competence in the Work Environment
- Assessor unit A1 Assess Candidates Using a Range of Methods
- D32/33 Assess Candidate Performance Using Differing Sources of Evidence

Note: holders of A1 and D32/33 qualifications must work to the reviewed National Occupational Standards for Learning and Development which can be found on the NOS Database:

[www.ukstandards.org.uk](http://www.ukstandards.org.uk)

If none of the above are held, the centre's YMCA Awards External Quality Assurer will discuss appropriate timescales by which assessors may achieve a recognised assessor qualification.

The assessor may be the tutor. However, the assessor cannot be the internal verifier.

### Internal Quality Assurers

Internal quality assurers must:

- be technically competent in the areas for which they are carrying out internal quality assurance. This competence must be at least to the same level as the qualification
- be occupationally knowledgeable in all areas for which they are carrying out internal quality assurance. This knowledge must be at least to the same level as the qualification
- have credible experience of internal quality assurance

Internal verifiers should ideally hold, or be working towards, one of the following qualifications:

- Level 4 Award in Internal Quality Assurance
- Level 4 Certificate in Leading Internal Quality Assurance

- SVQ Learning and Development Unit 11 Internally Monitor and Maintain the Quality of Workplace Assessment
- V1 Conduct Internal Quality Assurance of the Assessment Process
- D34 Internally Verify the Assessment Process

Note: holders of V1 and D34 qualifications must work to the reviewed National Occupational Standards for Learning and Development which can be found on the NOS Database: [www.ukstandards.org.uk](http://www.ukstandards.org.uk)

If none of the above are held, the centre's YMCA Awards External Quality Assurer will discuss appropriate timescales by which internal verifiers may achieve a recognised internal quality assurance qualification.

It is also recommended that internal quality assurers hold a recognised assessing qualification.

### Registration

All learners must be registered within the first 10% of the duration of their course (e.g. for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: [www.ymcaawards.co.uk/registration](http://www.ymcaawards.co.uk/registration).

### Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Wales and regulated by QW (Qualifications Wales)

### Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: [www.ymcaawards.co.uk/centres/policies-and-procedures](http://www.ymcaawards.co.uk/centres/policies-and-procedures).

### Enquires and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: [www.ymcaawards.co.uk/centres/policies-and-procedures](http://www.ymcaawards.co.uk/centres/policies-and-procedures).

## Assessment and quality assurance

### How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is a unit-based qualification and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (ie,, be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (ie, , know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

The YMCA Level 3 Award in Nutrition to Support Physical Activity is assessed through internal and external assessment.

### **Internal assessment**

YMCA Awards suggest the following approaches to internal assessment:

#### *Using a Learner Assessment Record (LAR)*

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

A Learner Assessment Record (LAR) is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: [www.ymcaawards.co.uk/download-resources/lars](http://www.ymcaawards.co.uk/download-resources/lars).

#### *Creating a portfolio of evidence*

If a YMCA Awards LAR is not used to evidence internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required. Guidance will be given.

A typical portfolio of evidence could include:

- evidence index
- assessor observation – completed observational checklists and related action plans
- witness testimony
- candidate's proof of work
- worksheets
- assignments/projects/reports/presentations
- record of professional discussion
- record of oral and written questioning
- candidate and peer reports
- recognition of Prior Learning (RPL)
- summary of achievement

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessments methods see the suggested example in the 'Qualification content' section of this specification.

### **External assessment**

External assessment is assessment set by the Awarding Organisation and marked by the Awarding Organisation. This qualification has external assessment for some learning outcomes/assessment criteria.

### **Assessors**

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

### **Internal and external quality assurance**

The role of the internal quality assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the external quality assurer (EQA). For further information on the role of the IQA and the EQA go to the website: [www.ymcaawards.co.uk/centres/centre-guidance](http://www.ymcaawards.co.uk/centres/centre-guidance).

## **Qualification content**

### **Unit specifications and recommended assessment methods**

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# Nutrition to support physical activity (L/616/4753)

## Unit aim

This unit aims to develop knowledge and understanding of key nutritional principles and healthy eating to support client goals. It also provides the learner with skills to analyse client nutritional intake in order to offer advice within scope of practice and integrate into fitness programme design.

## Unit content

The learner will:

### 1. Understand the principles of nutrition

The learner can:

#### 1.1 Summarise the structure and function of the Digestive System

#### 1.2 Explain the meaning of key nutritional terms including:

- diet
- healthy eating
- nutrition
- balanced diet

#### 1.3 Explain the following terms and their functions:

- macro nutrients
- micro nutrients

#### 1.4 Identify food sources for each of the key nutrients

#### 1.5 Identify the calorific value of nutrients

#### 1.6 Explain the common terminology used in nutrition including:

- UK dietary reference values (DRV)
- recommended daily allowance (RDA)
- recommended daily intake (RDI)
- glycaemic index

#### 1.7 Interpret food labelling information

**1.8 Explain the significance of healthy food preparation**

**1.9 Explain professional role boundaries with regard to offering nutritional advice to clients**

The learner will:

## **2. Understand the influence of nutrition on health**

The learner can:

**2.1 Explain the relationship between nutrition, physical activity, body composition and health including:**

- links to disease / disease risk factors
- cholesterol
- types of fat in the diet

**2.2 Identify health and performance implications of diets that encourage severe energy restriction**

**2.3 Identify clients at risk of nutritional deficiencies**

**2.4 Explain the importance of communicating the health risks associated with current weight-loss fads and popular diets to clients**

**2.5 Explain how nutritional intake can influence the actions of certain metabolic hormones**

**2.6 Explain how cultural and religious dietary practices can influence nutritional advice**

**2.7 Describe safety, effectiveness and contraindications relating to protein and vitamin supplementation**

**2.8 Explain how to recognise the signs and symptoms of disordered eating**

**2.9 Explain why detailed or complex dietary analysis that incorporates major dietary change should always be referred to a Registered Dietician**



The learner will:

### **3. Understand key nutritional guidelines and evidence-based recommendations and how they can be applied to individual clients**

The learner can:

**3.1 Identify the range of professionals and professional bodies involved in the area of nutrition**

**3.2 Explain how key healthy eating advice that underpins a healthy diet can be applied to clients whose goal is:**

- **weight loss and health**
- **fat loss**
- **hypertrophy**
- **sports performance**

**3.3 Identify the nutritional principles and key features of the national food model/guide**

**3.4 Define portion sizes in the context of the National food model/guide**

**3.5 Identify reliable sources of nutritional information**

The learner will:

### **4. Understand the relationship between nutrition and physical activity**

The learner can:

**4.1 Recognise the role of carbohydrate, fat and protein as fuels for aerobic and anaerobic energy production**

**4.2 Explain the components of energy expenditure and the energy balance equation**

**4.3 Explain how to calculate an estimate of Basal Metabolic Rate (BMR)**

**4.4 Explain how to estimate energy requirements based on physical activity levels and other relevant factors**

**4.5 Identify nutritional requirements for different goals, to include:**

- **fat loss**
- **weight loss**
- **hypertrophy**
- **sports performance**

#### **4.6 Recognise the nutritional requirements and hydration needs of clients engaged in physical activity**

The learner will:

### **5. Understand how to collect information relating to nutrition**

The learner can:

**5.1 Identify why it is important to obtain clients' informed consent before collecting nutritional information**

**5.2 Identify the information that needs to be collected to offer nutritional advice to clients**

**5.3 Apply different methods of and analysing nutritional intake and body composition suitable for use with clients**

The learner will:

### **6. Understand how to use nutritional information**

The learner can:

**6.1 Recognise how to interpret collected information so that clients' needs and nutritional goals can be identified with reference to current government healthy eating guidelines and evidence-based recommendations**

**6.2 Identify how to interpret information gained from methods used to assess body composition and health risk in relation to weight**

**6.3 Demonstrate how to sensitively divulge collected information and 'results' to clients**

**6.4 Describe the circumstances in which a client should be recommended to visit their GP about the possibility of referral to a Registered Dietician**

The learner will:

## **7. Be able to identify and analyse nutritional information to identify clients dietary habits**

The learner can:

**7.1 Use a variety of tools to collect and record information about clients and their nutritional goals in an approved format**

**7.2 Use a variety of tools to analyse collected information, including nutritional needs and preferences in relation to the client's current status and nutritional goals**

**7.3 Explain the effect of different types of training on the production of fuel for exercise**

The learner will:

## **8. Be able to apply the principles of nutrition to a physical activity programme**

The learner can:

**8.1 Access and make use of credible sources of educational information and advice in establishing nutritional goals with clients**

**8.2 Design and agree nutritional goals that are compatible with the analysis, accepted good practice and national guidelines**

**8.3 Ensure that the nutritional goals support and integrate with other programme components**

**8.4 Agree review points with the client**

**8.5 Review the client's understanding of how to follow the nutritional advice as part of their physical activity programme**

**8.6 Monitor, evaluate and review the client's progress towards their nutritional goals at appropriate times**

### **Assessment specification**

- Multiple choice question paper
- Workbook
- Nutritional consultation / case study
- Written tasks
- Knowledge questions





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*YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).*

*YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.*

*To view YMCA Awards' full range of qualifications please visit  
[www.ymcaawards.co.uk](http://www.ymcaawards.co.uk).*

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