

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

Qualification Specification



YMCA Awards

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Level 2 Award in Nutrition for Healthy Living

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Qualification number: 600/5269/7

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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
- CCEA (Council for the Curriculum, Examinations and Assessment)
- QW (Qualifications Wales)

Qualification aim

The aim of this qualification is to provide learners with the knowledge, understanding and competence to offer advice to individuals on nutrition for healthy living, including the role of food groups, digestion and the basic principles of weight management.

Overview of knowledge, skills and understanding

Learners will cover:

- 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.

Target group and age range

This qualification is aimed at a range of learners, including learners under the age of 16.

Qualification structure

To achieve the YMCA Level 2 Award in Nutrition for Healthy Living, learners must complete 2 mandatory units for a total credit value of 5.

Unit reference number	Unit title	Level	Credit
D/503/9973	Diet and nutrition for healthy living	2	3
H/503/9974	Food groups and digestion	2	2

The Total Qualification Time (TQT) for this qualification is 50. The Guided Learning Hours (GLH) assigned are 30 minimum.

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), and
- (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)
- e-Learning 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:

- e-Learning 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.

Entry requirements

There are no pre-requisite entry requirements for this qualification.

Opportunities for progression

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.

Mapping to standards

This qualification holds no direct links to National Occupational Standards at this time.

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.

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.

Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: www.ymcaawards.co.uk/centres/centre-guidance.

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.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for the Curriculum, Examinations and Assessment)
- 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.

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.

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 (e.g., 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 (e.g., know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion and so on. 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.

The YMCA Level 2 Award in Nutrition for Healthy Living is assessed through internal 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.

To check if 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.

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.

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

There is no external assessment for this qualification.

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.

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.

Qualification content

Unit specifications and recommended assessment methods

Diet and nutrition for healthy living (D/503/9973)

Unit aim

This unit covers the knowledge and understanding relating to diet and nutrition and the relationship they share with healthy living.

Unit content

The learner will:

1. Understand the Glycaemic Index

The learner can:

- 1.1 Explain the concept of the Glycaemic Index (GI)
- 1.2 Explain the importance of maintaining blood sugar levels
- 1.3 Explain how to use diet to maintain blood sugar levels

The learner will:

2. Understand the role of cholesterol

The learner can:

- 2.1 Explain the role of cholesterol in the body
- 2.2 Explain the risks associated with high cholesterol levels in the body

The learner will:

3. Understand the guidelines for a healthy, balanced diet

The learner can:

- 3.1 Define the term 'healthy, balanced diet'
- 3.2 Define the term DRV – Dietary Reference Values
- 3.3 Identify current recommendations for dietary daily intakes for the general population
- 3.4 Explain the following terms:
 - Reference Nutrient Intakes (RNI's)
 - Estimated Average Requirements (EAR's)
 - Lower Reference Nutrient Intakes (LRNI's)
- 3.5 Explain the use of 'The eat well' plate for a healthy, balanced diet

3.6 Describe portion sizes for the main food groups

3.7 Explain the health implications of over and under-consumption of:

- Fats
- Proteins

3.8 Explain the importance of water for healthy living

The learner will:

4. Understand obesity and weight management

The learner can:

4.1 Explain the ways that obesity is measured

4.2 List the classifications for obesity

4.3 Describe the relationship between obesity and disease

4.4 Explain why an individual may gain weight

4.5 Explain the term 'energy balance'

4.6 Explain the implications of energy balance in weight control

4.7 Define the term 'calorie'

4.8 Explain the relevance of calorie intake for weight control

4.9 Explain the basic principles of a weight loss programme

4.10 State the benefits of physical activity in relationship to weight management

4.11 Explain the term Activities for Daily Living (ADL) in relationship to weight management

4.12 Describe the benefits of Activities for Daily Living (ADL)

4.13 List activities for daily living that can easily be incorporated into an individual's lifestyle

Assessment
specification

Presentation

Food groups and digestion (H/503/9974)

Unit aim

This unit covers the knowledge and understanding relating to the digestive process, as well as the food groups and their importance in maintaining a healthy lifestyle.

Unit content

The learner will:

1. Understand the structure and functions of the digestive system

The learner can:

1.1 Explain the functions of the digestive system

1.2 Describe the structure of the digestive system

1.3 Outline the roles of the digestive organs:

- Teeth
- Oesophagus
- Stomach
- Small intestine
- Large intestine

1.4 Describe the movement of food through the digestive system

1.5 Explain the roles of the digestive enzymes

1.6 Describe the digestion of carbohydrates, fats and proteins

The learner will:

2. Understand the role of macro-nutrients in the diet

The learner can:

2.1 Explain the function, in the body, of the macro-nutrients:

- Carbohydrates
- Dietary fibre
- Fats
- Proteins

2.2 Describe the structure of the macro-nutrients:

- Simple carbohydrates
- Complex carbohydrates

- Fats
- Essential amino acids
- Non-essential amino acids

2.3 List the primary food sources of the macro-nutrients:

- Simple carbohydrates
- Complex carbohydrates
- Dietary fibre
- Fats
- Proteins

The learner will:

3 Understand the role of micro-nutrients in the diet

The learner can:

3.1 Explain the function, in the body, of the micro-nutrients:

- Vitamins
- Minerals

3.2 List the primary food sources of:

- Vitamins
- Minerals

Assessment
specification

Worksheet



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.*

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