

YMCA Awards Level 3 Award in Nutrition to Support Physical Activity 603/3098/3

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 to Support Physical Activity is regulated by Ofqual and comprises of:

- 1 mandatory unit with a credit value of 5

It develops knowledge and understanding of key nutritional principles and healthy eating to support client goals and 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

Key topics/skills/knowledge covered:

- The principles of nutrition and how to apply them to a physical activity programme
- The influence of nutrition on health
- Key nutritional guidelines and evidence-based recommendations and how they can be applied to individual clients
- The relationship between nutrition and physical activity
- How to collect information relating to nutrition and how to use it
- How to identify and analyse nutritional information to identify clients' dietary habits

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 Diploma in Personal Training (Practitioner) (if the learner already has a suitable gym based Level 2 Certificate in Fitness Instructing qualification)
- 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 a suitable Level 2 Certificate in Fitness Instructing qualification)

Who supports this qualification?

CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)

Achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) at Practitioner level (exercise and fitness).

Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

REPs (Register of Exercise Professionals)

Achievement of this qualification will provide entry to the REPs category of Level 3 Personal Trainer

Launched in 2002, REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards.

REPs provides assurance and confidence to the public and employers that all professionals on the Register are appropriately qualified and have the knowledge, competence and skills to perform their role effectively.

REPs was developed to protect the public from trainers who do not hold appropriate qualifications. As well as protecting the public, REPs was also established to recognise the qualifications and skills of exercise professionals.

To read more about REPs please visit <http://www.exerciseregister.org/about-reps/about-reps>