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| **Course details** | | | | | | | | | |
| Title (This must be the marketing title of the course – whatever is used in a brochure to advertise the course) | | | | Personal Exercise, Health and Nutrition | | | | | |
| Award to be received | | | | Level 2 Certificate in Personal Exercise, Health and Nutrition | | | | | |
| Regulatory body | | | | NCFE | | | | | |
| Qualification (A-Level/BTEC Diploma/HND/etc – **not awarding body**) | | | | Level 2 Certificate | | | | | |
| Subject Area | | | | Health and Social Care, Education | | | | | |
| Level | | | | 2 | | | | | |
| UCAS Points value (if applicable) | | | |  | | | | | |
| Duration **(in years apart from short courses)** | | | | 16 weeks | | | | | |
| Start Date | | | |  | | | | | |
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| **UCAS details (Full time HE only)** | | | | | | | | | |
| **Institution Code Name** | | **Institution Code** | | **Course/Campus Code** | | | | **Short Form Title** | |
|  | |  | |  | | | |  | |
| **KIS Institution** | |  | | **KIS Course Code** | | | |  | |
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| **Attendance details (delete as appropriate)** | | | | | | | | | |
| Distance Learning | | |  | | | |  | | |
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| **Location (delete as appropriate)** | | | | | | | | | |
|  |  |  | |  |
| Distance Learning | |  | |  | |  | | |
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| **Course information** | |
| Who is this course for? | This course is ideal if you wish to increase  Your awareness and understanding of different  aspects of health and well-being and how factors  such as technology and a sedentary lifestyle can affect  this. It is ideal for anyone looking to learn how to put  together a personal exercise and nutrition plan and  understand how to account for energy requirements  and fluid replacement in relation to the type of  exercise being undertaken. |
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| What do they need to apply for the course? | No previous knowledge and experience are required; however, minimum level 1 English skills would be beneficial for completion of assessments.  This qualification aims to equip you with a detailed understanding of the concepts of health and well-being, including basic anatomy and physiology. You will learn about the role of nutrition in exercise, including energy requirements and fluid replacement, and then learn about how to measure personal fitness levels and create a personal programme of exercise and nutrition. Upon completion of this course, you could progress on to one of our other online nutrition courses, such as Nutrition.  **Please note:** You are required to complete a fitness test as part of this course. If you become unable to be active and therefore cannot complete the fitness tests (I.e a timed walk) or log anything in your exercise plan (this could be from any fitness level start point such as stretches, walking, a physio plan etc), a pass cannot be given. |
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| What are the key things they’ll learn **(this must include the core modules)** | **Unit 1: Understand health, well-being and exercise**  In this unit, you will cover the concepts of health and well-being, factors that could have a negative impact on health and well-being, factors that can affect personal motivation, and the basics of anatomy and physiology.  **Unit 2: Understand the role of nutrition in exercise**  You will learn about diet and nutrition, energy requirements and fluid replacement for exercise.  **Unit 3: Plan and prepare for personal exercise and nutrition**  In the third and final unit of this course, you will learn about the importance of exercising safely, how to measure personal fitness levels, how to follow an appropriate personal programme of exercise and nutrition, and how to evaluate a personal programme of exercise and nutrition. |
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| How will they learn?  (Practical/theory/classroom/workplace – **Must include methods of assessment. Also include details of number of assessments/exams & self-study time)** | Studying via distance learning means you can choose  when and where you study. We ensure you get all the  support you need throughout your course in the form of  a personal tutor and a learner support advisor.  This course is available:   * **Fully on line**   All of our award-winning learning resources are of the highest quality and are designed to be engaging and interactive to keep you focused on your learning at all times. |
|  |
| Where could the course take them? (**Must include course progression routes and career options including average salary**) | After successfully completing the course candidates will be able to further their own continuous professional development, which may improve their career prospects or progress to further training. You could also progress on to further study in the field or other Distance Learning programmes.  This qualification could assist in gaining the following employment opportunities and potential salaries:  Personal Trainer – up to £32,000 per annum (possibility of a much higher salary dependent on experience).  Nutritionist – up to £39,500 per annum. |
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| What costs will they incur? (If applicable – **tuition fees, materials and course expenditure including field trips optional and mandatory**) | N/A |
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| Previous student comment (if available) | New Course |
| Previous student name and status |  |

For HE Courses, Marketing will insert links at the bottom for:

Student Support

Complaints Procedure

Minimum Cohorts and Closing of Programmes







