



NCFE Level 2 Certificate in Improving Personal Exercise, Health and Nutrition

(*Fully funded for Adults 19+ in Oxfordshire, Berkshire & Surrey)

Course Overview:

This qualification is designed for those who wish to learn how to improve their personal health and wellbeing. The qualification enables learners to gain knowledge and understanding of the positive effects of exercise on long-term health and wellbeing and implementing an exercise plan with the appropriate nutritional requirements.

What are the benefits of undertaking the course?

You will learn and apply knowledge and skills across 3 units resulting in you completing a 4-week fitness & nutrition programme.

Areas covered:

- Unit 1: Understand Health, Wellbeing, and Exercise.
- Unit 2: Understand the role of Nutrition in exercise
- Unit 3: Plan and prepare for personal exercise and nutrition

How will it be taught?

The programme is delivered online within a platform containing all lessons and resources so you can complete in your own time. You will be allocated a skills coach to support you.

Who will write my training programme?

You can write your own programme, or you can request for one of our skilled coaches to help with this. Examples of a variety of programmes will be provided to you.

You can choose the aim of your programme whether it is to lose or gain weight, improve cardiovascular performance, increase muscular endurance, or prepare for sport.

How do I complete and pass the course?

Each unit is assessed by a series of questions which you will answer in the online portfolio. You will be provided with lessons and a workbook to cover the content. Unit 3 includes a practical element and the undertaking of:

- Basic Fitness Assessment
- Plan and complete a 4-week fitness/nutrition programme
- Re-assessment of fitness levels
- Review of your programme

Register a place on the course [HERE](#)



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