

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

<b>Accreditation</b>	NCFE
<b>Course duration</b>	3 months blended learning
<b>Certificate valid for</b>	Never expires

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## Who should attend

The NCFE Level 2 Certificate in Improving Personal Exercise, Health and Nutrition is eligible for European Social Funding and is designed for those who wish to learn how to improve their personal health and well-being. The qualification enables learners to gain knowledge and understanding of the positive effects of exercise on long-term health and well-being, and implementing an exercise plan with the appropriate nutritional requirements.

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## Course information

### Course Overview

This qualification is designed for learners who wish to develop knowledge and understanding of how to improve their own personal exercise, health and nutrition.

### Course Objectives

The objectives of this qualification are to help learners gain an understanding of:

- the impact of diet, nutrition and exercise on their personal health
- safe and appropriate exercise
- the importance of personal motivation and setting goals and targets

### Course Units

1. Understand health, well-being and exercise
  2. Understand the role of nutrition in exercise
  3. Plan and prepare for personal exercise and nutrition
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## Assessment

To be awarded the Level 2 Certificate in Improving Personal Exercise, Health and Nutrition, learners are required to successfully complete 3 mandatory units.

Assessment involves a blended delivery approach - This is a mixture of face-to-face and remote sessions with a qualified assessor.

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## Certification

Delegates will be awarded the NCFE Level 2 Certificate in Improving Personal Exercise, Health and Nutrition.

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## More details

### Progression Opportunities

Learners who achieve this qualification could progress to:

- Level 2 Certificate in Fitness Instructing
- Level 2 Award/Certificate in Nutrition and Health
- Level 2 and 3 Certificate/Diploma in Sport

It may also be useful to learners studying qualifications in the following sector areas:

- Health and social care
- Hospitality
- Leisure

### Funding and Support

We are able to offer this course fully funded through The Adult Education Budget (AEB) and European Social Funding (ESF) - subject to eligibility. Please contact us to find out more about eligibility, along with the course dates we have running in various locations around the UK.