

## Award in Nutrition for Physical Activity Level 3



### Who is this qualification for?

The Award in Nutrition for Physical Activity gives learners the knowledge and skills to enable them to offer nutritional advice to fitness clients.

### Benefits for individuals

- Provide additional advice and information to clients
- Accredite your experience with a nationally recognised qualification

### Prerequisite

It is a prerequisite for learners to hold a level 2 certificate in Fitness Instructing or equivalent.

### Course Structure

Online Self-Study
Online tutorial x 2
Duration: 1 - 3 months
Multiple choice assessment and portfolio of evidence



### Qualification Structure

The learner must complete:

**Unit 1** – Applying the principles of nutrition to a physical activity programme

### Progression

You may wish to consider a qualification in Personal Training or another course from our of Health & Fitness range.

### What are the course costs?

£400



One of the UK's leading Awarding Organisations for the Active Leisure, Learning and Wellbeing Sector; recognised and regulated by Ofqual.



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