

NCFE Level 2 Certificate in improving Personal Exercise, Health and Nutrition (603/2831/9)

Intent: 1 year course

This qualification is designed for learners who want an introduction to health and fitness that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the health and fitness sector or progress onto further study. Our students thrive on the practical elements of the course and aspects such as going off site to work with other organisations such as Gyms, Boxing centres, Leeds United Football Club, where they are able to put theory into practice in real-life settings. The qualification is a particularly effective way of helping our students make health-informed lifestyle choices, building both their confidence and understanding about improving their health and fitness

Term	Term 1	Term 2	Term 3
	In this unit learners are introduced to the components of a healthy lifestyle and factors that can improve health and well-being. They'll also look at personal motivation and basic anatomy and physiology. In this unit learners will assess their current fitness levels, set targets and devise an appropriate exercise/nutrition plan, and maintain a diary over a period of time. They'll then evaluate the programme and their progress and set new targets.	This unit covers diet and nutrition for exercise including looking at how technology can support individuals to track their nutritional intake. Learners will also look at the importance of hydration. In this unit learners will assess their current fitness levels, set targets and devise an appropriate exercise/nutrition plan, and maintain a diary over a period of time. They'll then evaluate the programme and their progress and set new targets.	In this unit learners will assess their current fitness levels, set targets and devise an appropriate exercise/nutrition plan, and maintain a diary over a period of time. They'll then evaluate the programme and their progress and set new targets. Catch-up time

Sport has the power to change the world. It has the power to inspire, the power to unite people in a way that little else does. It speaks to young people in a language they can understand. Sport can create hope, where there was once only despair. It is more powerful than governments in breaking down racial barriers.