

Active IQ

**ACTIVE IQ LEVEL 3
AWARD IN NUTRITION
AND EXERCISE FOR
HEALTH**

**SHAPE
YOUR FUTURE**

NUTRITION



www.revolutionisefitnesseducation.com



LEVEL 3 NUTRITION FOR EXERCISE AND HEALTH



Introduction

The Active IQ Level 3 Award in Nutrition for Exercise and Health is at level 3 on the Regulated Qualifications Framework (RQF).

Entry requirements

Learners must hold one of the following, or equivalent:

- A level 2 fitness instructing qualification or equivalent.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

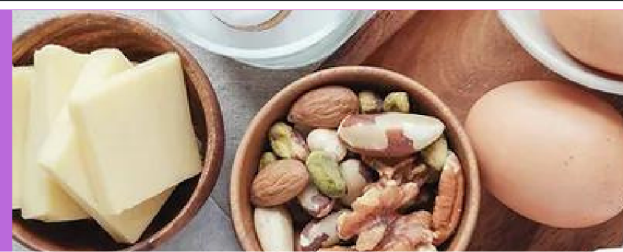
Qualification Outline

Target learners

- Learners aged 16+.
- Fitness instructors.

www.revolutionisefitnesseducation.com

Active iQ



LEVEL 3 NUTRITION FOR EXERCISE AND HEALTH



Purpose

This qualification will enable learners to develop their knowledge of healthy eating to analyse their client's nutritional habits and to be able to offer healthy eating advice linked to their clients' exercise and lifestyle goals. During the qualification learners will cover the following:

- How to access credible information about nutrition for exercise and health.
- The nutrients required to maintain health.
- How nutrients from food are used to fuel and aid recovery from physical activity.
- How to estimate daily energy and nutrient requirements for clients with different goals.
- The risks of poor nutritional and lifestyle practices.
- Skills to analyse clients' dietary habits and identification of areas for improvement.

Progression

This qualification provides progression onto:

- Active IQ Level 3 Diploma in Personal Training.
- Active IQ Level 3 Diploma in Exercise Referral.
- Other related qualifications

www.revolutionisefitnesseducation.com

Active iQ



LEVEL 3 NUTRITION FOR EXERCISE AND HEALTH



Learner Journey

Once you have decided to enhance your career options by completing our Course the following will take place.

- Gain access to the online Classroom with resources at your finger tips and meet your fellow coaches to discuss and share ideas.
- A structured self led timetable for you to complete the qualifications at your own speed
- Course work to be completed and submitted to the tutor
- Opportunity to Live tutor led revision and learning sessions

www.revolutionisefitnesseducation.com

Active iQ

