Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 2 Award in Understanding Nutrition, Performance and Healthy Eating**		
Qualification number (QN)	601/2039/3		
Total qualification time (TQT)	30	**Guided learning hours (GLH)**	24
Entry requirements	There are no specific prior skills/knowledge a learner must have for this qualification. However, there is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.		

About this qualification

This qualification is designed for fitness and activity instructors, community workers and health care professionals who want to increase their understanding of nutrition, performance and healthy eating.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **one** mandatory unit.

Mandatory units

Unit 01 Understanding nutrition, performance and healthy eating (F/504/4485)

Assessment

This qualification is internally assessed and externally quality assured. Each learner must create a portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - promoting community health and wellbeing qualifications
  - fitness and activity leader qualifications
  - health care qualifications.

Contact us

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