Qualification factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 2 Certificate in Improving Personal Exercise, Health and Nutrition		
Qualification number (QN)	603/2831/9		
Total qualification time (TQT):	135	**Guided learning hours (GL)**	110
Entry requirements:	There are no specific recommended prior learning requirements for this qualification. However, learners may find it helpful if they've already achieved a Level 1 qualification.		

About this qualification

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

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.

Qualification structure

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

Mandatory units

Unit 01 Understand health, well-being and exercise (Y/616/8207)
Unit 02 Understand the role of nutrition in exercise (D/616/8208)
Unit 03 Plan and prepare for personal exercise and nutrition (H/616/8209)

Assessment

The NCFE Active IQ Level 2 Certificate in Improving Personal Exercise, Health and Nutrition is a knowledge-based qualification which is internally assessed and internally and externally quality assured.

Progression opportunities

Learners who achieve this qualification could progress to:

- NCFE Level 2 Certificate in Fitness Instructing
- NCFE Level 2 Award/Certificate in Nutrition and Health
- NCFE 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

Contact us

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