NCFE Active IQ Level 2 Award in Understanding Nutrition, Performance and Healthy Eating
QN: 601/2039/3



Qualification Specification

Qualification summary

Qualification title	**NCFE Active IQ Level 2 Award in Understanding Nutrition, Performance and Healthy Eating**
Ofqual qualification number (QN)	601/2039/3
Guided learning hours (GLH)	24
Total qualification time (TQT)	30
Credit value	3
Minimum age	16
Qualification purpose	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.
Grading	Achieved/not yet achieved
Assessment method	Internally assessed and externally quality assured portfolio of evidence
Work/industry placement experience	Work/industry placement experience is not required.
Regulation information	This is a regulated qualification. The regulated number for this qualification is 601/2039/3.
Funding	This qualification may be eligible for funding. For further guidance on funding, please contact your local funding provider.

Contents

Qualification summary **2**

Section 1: introduction **4**

Aims and objectives 4
Support Handbook 4
Guidance for entry 4
Achieving this qualification 5
Progression 5
Resource requirements 5
Realistic work environment (RWE) requirement/recommendation 5
How the qualification is assessed 6
Internal assessment 6

Section 2: unit content and assessment guidance **7**

Unit 01 Understanding nutrition, performance and healthy eating (F/504/4485) 8
NCFE assessment strategy 9

Section 3: support **10**

Support materials 10
Other support materials 10
Reproduction of this document 10

Contact us **11**

Appendix A: units **12**

Mandatory units 12

Change history record **13**

Section 1: introduction

Centres must ensure they are using the most recent version of the Qualification Specification on the website.

Aims and objectives

This qualification aims to:

- focus on the study of nutrition, performance and healthy eating
- offer breadth and depth of study, incorporating a key core of knowledge.

The objective of this qualification is to:

- provide learners with the knowledge to understand:
  - the function of food
  - the relationship between food and health
  - the importance of a balanced diet
  - the principles of weight control
  - how to promote healthy eating.

Support Handbook

This Qualification Specification must be used alongside the mandatory Support Handbook, which can be found on the NCFE website. This contains additional supporting information to help with planning, delivery and assessment.

This Qualification Specification contains all the qualification-specific information you will need that is not covered in the Support Handbook.

Guidance for entry

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.

Registration is at the discretion of the centre in accordance with equality legislation and should be made on the NCFE Portal.

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.

Centres are responsible for ensuring that all learners are capable of achieving the learning outcomes (LOs) and complying with the relevant literacy, numeracy, and health and safety requirements.

Learners registered on this qualification should not undertake another qualification at the same level, or with the same/a similar title, as duplication of learning may affect funding eligibility.

Achieving this qualification

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

Please refer to the list of units in appendix A for further information.

To achieve this qualification, learners must successfully demonstrate their achievement of all LOs of the units as detailed in this Qualification Specification.

Progression

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.

Resource requirements

There are no mandatory resource requirements for this qualification, but centres must ensure learners have access to suitable resources to enable them to cover all the appropriate LOs.

Realistic work environment (RWE) requirement/recommendation

The assessment of competence-based criteria should ideally be conducted within the workplace. However, in instances where this is not feasible, learners can be assessed in a realistic work environment (RWE) designed to replicate real work settings.

It is essential for organisations utilising an RWE to ensure it accurately reflects current and authentic work environments. By doing so, employers can be confident that competence demonstrated by a learner in an RWE will be translated into successful performance in employment.

In establishing an RWE, the following factors should be considered.

The work situation being represented is relevant to the competence requirements being assessed:

- the work situation should closely resemble the relevant setting
- equipment and resources that replicate the work situation must be current and available for use to ensure that assessment requirements can be met
- time constraints, resource access and information availability should mirror real conditions.

The learner's work activities reflect those found in the work environment being represented, for example:

- interaction with colleagues and others should reflect expected communication approaches
- tasks performed must be completed to an acceptable timescale
- learners must be able to achieve a realistic volume of work as would be expected in the work situation being represented
- learners operate professionally with clear understanding of their work activities and responsibilities
- feedback from colleagues and others (for example, customers or service users) is maintained and acted upon

- account must be taken of any legislation, regulations or standard procedures that would be followed in the workplace.

How the qualification is assessed

Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in a qualification.

This qualification is internally assessed and externally quality assured.

The assessment consists of **one** component:

- an internally assessed portfolio of evidence, which is assessed by centre staff and externally quality assured by NCFE (internal quality assurance must still be completed by the centre as usual).

Learners must be successful in this component to gain the Level 2 Award in Understanding Nutrition, Performance and Healthy Eating.

Learners who are not successful can resubmit work within the registration period; however, a charge may apply in cases where additional external quality assurance visits are required.

Unless otherwise stated in this specification, all learners taking this qualification must be assessed in English and all assessment evidence presented for external quality assurance must be in English.

Internal assessment

Each learner must create a portfolio of evidence generated from appropriate assessment tasks to demonstrate achievement of all the LOs associated with each unit. On completion of the unit, learners must declare that the work produced is their own and the assessor must countersign this.

If a centre needs to create their own internal assessment tasks, there are four essential elements in the production of successful centre-based assessment tasks; these are:

- ensuring the assessment tasks are meaningful with clear, assessable outcomes
- appropriate coverage of the content, LOs or assessment criteria (AC)
- having a valid and engaging context or scenario
- including sufficient opportunities for stretch and challenge for higher attainers.

Section 2: unit content and assessment guidance

This section provides details of the structure and content of this qualification including grading, level, credit and guided learning hours (GLH).

The types of evidence listed are for guidance purposes only. Within learners' portfolios, other types of evidence are acceptable if all learning outcomes (LOs) are covered, and if the evidence generated can be internally and externally quality assured. For approval of methods of internal assessment other than portfolio building, please contact your external quality assurer (EQA).

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

Assessment				
Internally assessed and externally quality assured portfolio of evidence				
Mandatory	**Achieved/not yet achieved**	**Level 2**	**3 credits**	**24 GLH**

Learning outcomes (LOs) The learner will:	**Assessment criteria (AC)** The learner can:
1. Understand the function of food	1.1 Describe the main functions of food
	1.2 Describe the basic principles of digestion and absorption
2. Understand the relationship between food and health	2.1 Describe the concept of a balanced diet
	2.2 Distinguish between two examples of different sorts of diets
3. Understand the basic principles of weight control	3.1 Describe an example of how weight can be controlled
	3.2 Describe the links between exercise and weight control
	3.3 Differentiate between different exercise sessions for weight control
4. Understand why a balanced diet is required to maximise performance	4.1 Describe why a balanced diet is required to maximise performance
5. Understand how to promote healthy eating	5.1 Describe a range of ways to promote healthy eating

NCFE assessment strategy

The key requirements of the assessment strategies or principles that relate to the unit in this qualification are summarised below.

The centre must ensure that individuals undertaking assessor or quality assurer roles within the centre conform to the assessment requirements for the unit they are assessing or quality assuring.

Knowledge LOs

- assessors will need to be both occupationally knowledgeable and qualified to make assessment decisions
- internal quality assurers (IQAs) will need to be both occupationally knowledgeable and qualified to make quality assurance decisions.

Competence/skills LOs

- assessors will need to be both occupationally competent and qualified to make assessment decisions
- IQAs will need to be both occupationally knowledgeable and qualified to make quality assurance decisions.

The centre with whom the learners are registered will be responsible for making all assessment decisions. Assessors must be contracted to work directly with the centre, contributing to all aspects of standardisation. The centre must ensure a process of training is followed, including during induction and quality assurance activities. Occupationally competent and qualified assessors from the centre must use direct observation to assess practical skills-based outcomes.



Section 3: support

Support materials

The following support materials are available to assist with the delivery of this qualification and are available on the NCFE website:

- learning resources
- Qualification Factsheet.

Other support materials

The resources and materials used in the delivery of this qualification must be age-appropriate and due consideration should be given to the wellbeing and safeguarding of learners in line with your institute's safeguarding policy when developing or selecting delivery materials.

Products to support the delivery of this qualification may be available. For more information about these resources and how to access them, please visit the NCFE website.

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To continue to improve our levels of customer service, telephone calls may be recorded for training and quality purposes.

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Appendix A: units

To simplify cross-referencing assessments and quality assurance, we have used a sequential numbering system in this document for each unit.

Mandatory units

Unit number	Regulated unit number	Unit title	Level	Credit	GLH
Unit 01	F/504/4485	Understanding nutrition, performance and healthy eating	2	3	24

Change history record

Version	Publication date	Description of change
AIQ004534	November 2016	Document published
AIQ007211	May 2026	Updates made to assessment method; the mandatory unit is assessed by an internally assessed and externally quality assured portfolio of evidence. No other updates made.
v2.0	November 2026	Qualification title changed and template updated to new version.