Learner workbook

NCFE Active IQ Level 3 Diploma in Personal Training QN: 603/3491/5

Learner name:	
Centre number:	
Centre name:	
Tutor name:	
Start date:	
Signatures	
Learner:	
Assessor:	
Internal quality assurer (IQA*	
External quality assurer (EQA*	

* for completion if part, or all, of the evidence has been sampled by the internal and/or external quality assurer

Unit 05

Nutrition to support a physical activity programme

(H/617/1711)

Overview

This unit covers the knowledge and skills a Personal Trainer needs to be able to apply the principles of nutrition and recommend current healthy eating guidelines to individuals.

This booklet allows opportunities to provide evidence for assessment criteria 1.1 to 3.6. To support your evidence, the following websites may support you with some important information to complete the tasks:

- www.acsm.org
- www.fitnessindustryeducation.com
- www.bases.org.uk
- www.nhs.uk/live-well/eat-well/the-eatwell-guide

Supporting evidence

Ensure that all the evidence is available for viewing by the Internal and External Quality Assurer.

Unit 05 Workbook

After completing your assessment, please return it to your tutor.

Advice to all learners

- please complete your personal details and learner declaration below
- complete all questions in this assessment
- write your answers in the spaces provided
- add any additional work for any of the questions on plain paper and attach to this assessment
- if you need guidance or assistance, please contact your tutor

Learner declaration

I have completed all sections of this assessment and I confirm that this is my own work.

Signature: .....

Date: .....

Assessor: .....

IQA: .....

Achieved: .....

Not yet achieved: .....

Learning outcome 1

Understand the importance of nutrition for health and well- being

Task 1: Explain the influence of nutrition on health, considering the impact of poor nutrition/deficiencies and their links to chronic disease conditions (1.1)

Task 2: Use the table below to identify nutrients and their food sources and explain the functions and importance of each nutrient (1.2, 1.3)

Nutrient	Food Source	Functions and importance
1.		
2.		
3.		
4.		
5.		
6.		

Task 3: As food is consumed and broken down, it is used to produce energy for cells. Explain how food is used to produce energy and how nutrition supports people before, during and after activity (1.4)

How is food used for the following?	
Aerobic energy production	
Anaerobic energy production	
Before activity	
During activity	
After activity	

Task 4: Fluid is essential before, during and after sport. Explain the role of isotonic, hypertonic and hypotonic fluid drinks (1.5)

Types of fluid	Explanation – role, function, when they should be used and how they can help athletes
Isotonic	
Hypertonic	
Hypotonic	

Task 5: Describe the current advice for healthy eating and weight management. You must use credible sources of information (1.6)

Task 6: Using credible and reliable sources of information, describe the nutritional guidance for hypertrophy and sports performance (1.6)

Evidence sheet

Assessment criteria	Assessor comments
1.1	
1.2	
1.3	
1.4	
1.5	
1.6	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 2

Understand national recommendations for providing nutritional advice

Task 1: Explain the limitations and professional boundaries for offering nutritional advice to clients and why complex dietary changes should always be referred to a registered dietician (2.1, 2.7)

Task 2: Explain why it is important to communicate the health risks associated with weight loss fads and other popular diets to clients (2.2)

Task 3: Evaluate the potential health and performance implications of severe energy restrictions, weight loss and weight gain (2.3)

Task 4: Explain how you, as a Personal Trainer, would identify clients at risk of nutritional deficiencies (2.4)

Task 5: Explain how cultural and religious dietary practices can influence nutritional advice (2.5)

Task 6: Using credible sources of information, complete the table below to describe the safety, effectiveness and contraindications with regard to protein and vitamin supplementation (2.6)

Nutritional aid	Safety, effectiveness and contraindications
Protein supplementation	
Vitamin supplementation	

Evidence sheet

Assessment Criteria	Assessor Comments
2.1	
2.2	
2.3	
2.4	
2.5	
2.6	
2.7	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 3

Be able to use nutritional assessment tools and strategies

The following tasks require additional work to be included in your portfolio. It must be professionally presented and based on a real client.

You must carry out a consultation with a personal training client. You must select a range of appropriate nutritional tools to assess your client's dietary habits and identify energy and nutritional requirements to meet their individual goals and needs.

Task:

a) Select a nutritional assessment tool to identify your client's nutritional habits (3.1)
b) Calculate the estimated resting metabolic rate and energy requirements to support the achievement of your client's goals (3.2)
c) Analyse your client's dietary habits and identify areas for improvement (3.3)
d) Select appropriate strategies to support and encourage healthy eating (3.4)
e) Provide your client with appropriate information according to individual health and nutrition needs – ensure you retain this information in your portfolio (3.5)
f) Work with your client to set suitable SMART nutritional goals, ensuring that they support and integrate with other programme components, eg fitness component (3.4, 3.6)

Evidence Sheet

Assessment Criteria	Assessor Comments
3.1	
3.2	
3.3	
3.4	
3.5	
3.6	

Assessor signature:	
IQA signature:	
Date:	

Well done!

You have completed all the tasks. Hand them in to your tutor for feedback.

Feedback form

Assessment decision

Achieved ☐ **Not yet achieved** ☐

Comments/feedback

Assessor signature:		**Date:**
Learner signature:		**Date:**
IQA signature:		**Date:**
EQA signature:		**Date:**

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Version 1.1 November 2026
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