

Award in Improving Personal Exercise, Health and Nutrition

Level 2 :: 90glh :: 9 credits

A healthy diet and regular physical activity both help to maintain fitness levels, reduce stress, improve sleep patterns, increase life quality and expectancy, and reduce the risk of heart disease, diabetes and some forms of cancer. This programme offers a step-by-step guide to healthy eating and improving personal fitness.

Who is it for?

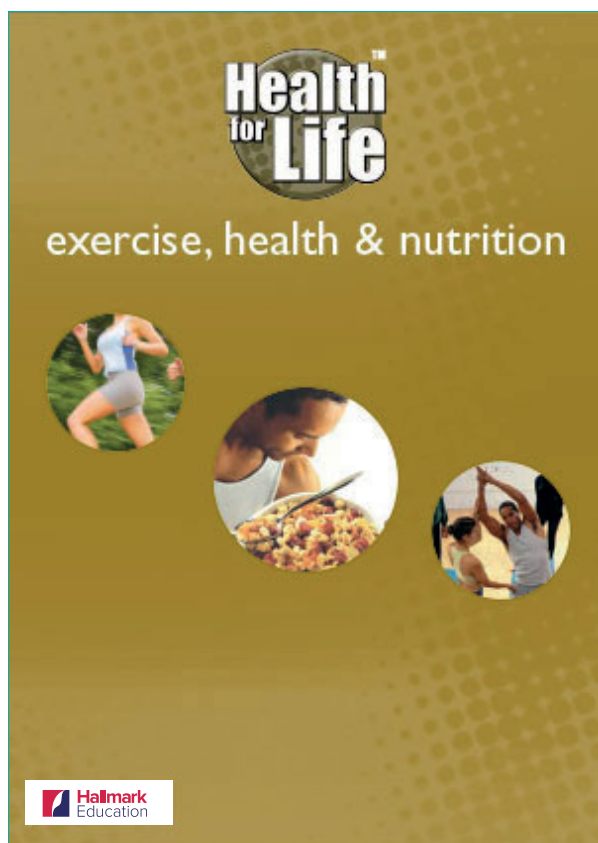
The qualification is designed for anyone who wishes to improve their knowledge and understanding of exercise, health, fitness and well-being, or to improve their personal health and fitness. It will be ideal for those who work in the fitness industry or in a role where an understanding of health, fitness and nutrition would be relevant.

What are the benefits of doing this course?

This course aims to enhance learners' understanding of the benefits of eating healthily, exercise and fitness. Learners can study at their own pace, at times and locations convenient to them.

The programme will help learners to understand their own level of fitness and develop an exercise plan appropriate for their age, ability and fitness level. The course also provides a comprehensive introduction to nutrition and explores exercising safely, personal motivation, drugs, alcohol and tobacco. This knowledge will enable learners to make informed choices about their lifestyles and monitor their dietary progress.





Progression opportunities

By undertaking this programme, candidates will be able to further their own continuous professional development, which may improve their career prospects, or progress on to further qualifications such as courses in health, fitness, diet or nutrition. Visit www.hallmarkeducation.org.uk for details of relevant Hallmark programmes.

Course content

The qualification comprises three mandatory units:

Unit 1: Understanding health and exercise

Unit 2: Understanding the role of nutrition in exercise

Unit 3: Planning and preparing for personal exercise and nutrition

Entry requirements

There are no specific entry requirements for this qualification.

Course delivery and assessment

Hallmark's materials comprise activity workbooks, which have been produced to suit a wide range of delivery methods. Learners will be provided with all necessary workbooks to complete the programme and will be required to work through a series of tasks and activities designed to reinforce the learning process and test their knowledge. The learning materials include an assessment, which allows learners to complete a portfolio of evidence and demonstrates achievement of all learning outcomes associated with each unit.

Resource requirements

There are no specific resource requirements for this programme. Due to the generic nature of the qualification and the aim for it to be accessible for those learning both at home as well as those within educational establishments, the tests that are to be carried out for the fitness testing have been carefully selected to be not only fit for purpose but also to not require the use of any specialist equipment.

For further information, please contact:

Hallmark Education Ltd, Cofton Barn, Trent Lane, Kings Newton, Derbyshire, DE73 8BT
t: 01332 410067 e: info@hallmarkeducation.org.uk
www.hallmarkeducation.org.uk