

Qualification Guidance Syllabus

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Active IQ Level 3 Award in Nutrition for Physical Activity (QCF)



Accreditation Number:
(QCF) 501/1251/X

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Introduction

The Active IQ Award in Nutrition for Physical Activity is at level 3 on the Qualifications and Credit Framework. It also provides CPD points for The Register of Exercise Professionals (REPs).

Guided learning hours: 40

Notional learning hours: 60

Credit: 6

Minimum credit to be achieved at or above the level of the qualification:	6
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

Entry Requirements

- A Level 2 qualification in fitness instructing

Qualification Outline

Target Learners:

- Fitness Instructors who want to acquire the knowledge and skills to enable them to give nutritional
- and weight management advice to their clients

Aim

- This qualification will enable learners to analyse their client's nutritional habits and learn how to set realistic goals to help improve weight management and encourage healthy eating.

Objectives:

- To provide learners with the knowledge to be able to offer nutritional advice for physical activity based on client's needs

Progression:

- This qualification provides progression to Level 3 qualifications in Personal Training for learners who wish to further their knowledge and skills and become personal trainers working with specialist populations as well as the general population
- Learners may also progress to the Active IQ Level 3 Certificate in Sports Massage, where they will be provided with the knowledge and skills to practise sports massage alongside fitness instructing in the health club environment
- Learners may also broaden their knowledge and skills by progressing to other Level 3 qualifications in Pilates and Exercise Referral

Links to National Occupational Standards

There are direct links to the NOS in Instructing Exercise and Fitness
D462 Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme

Tutors, Assessors and Internal Verifiers

Required Criteria

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (QCF) (PTTLS)
- Level 3 Award in Education and Training (QCF)
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (QCF) (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (QCF) (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (QCF) (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

Assessor

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment (QCF) or
- Level 3 Award in Assessing Vocationally Related Achievement (QCF) or
- Level 3 Award in Assessing Competence in the Work Environment (QCF) or
- Level 3 Certificate in Assessing Vocational Achievement (QCF), or
- A1 (previously D32, D33)

Internal Verifier

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice (QCF) or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice (QCF) or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice (QCF) or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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Qualification Structure and Unit Content

This qualification comprises of one mandatory unit.

Unit		Unit accreditation number	Level	Credit
1	Applying the principles of nutrition to a physical activity programme	L/600/9054	3	6

Successful achievement of the mandatory unit must be achieved for the full qualification.

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the principles of nutrition	1.1 Describe the structure and function of the digestive system 1.2 Explain the meaning of key nutritional terms including: <ul style="list-style-type: none"> • diet • healthy eating • nutrition • balanced diet 1.3 Describe the function and metabolism of: <ul style="list-style-type: none"> • macro nutrients • micro nutrients 1.4 Explain the main food groups and the nutrients they contribute to the diet 1.5 Identify the calorific value of nutrients 1.6 Explain the common terminology used in nutrition including: <ul style="list-style-type: none"> • UK dietary reference values (DRV) • recommended daily allowance (RDA) • recommended daily intake (RDI) • glycaemic Index 1.7 Interpret food labelling information 1.8 Explain the significance of healthy food preparation 1.9 Explain the relationship between nutrition, physical activity, body composition and health including: <ul style="list-style-type: none"> • links to disease / disease risk factors • cholesterol • types of fat in the diet
2. Understand key guidelines in relation to nutrition	2.1 Identify the range of professionals and professional bodies involved in the area of nutrition 2.2 Explain key healthy eating advice that underpins a healthy diet 2.3 Describe the nutritional principles and key features of the National food model/guide 2.4 Define portion sizes in the context of the National food model/guide 2.5 Explain how to access reliable sources of nutritional information 2.6 Distinguish between evidence-based knowledge versus the unsubstantiated marketing claims of suppliers
3. Understand nationally recommended practice in relation to providing nutritional advice	3.1 Explain professional role boundaries with regard to offering nutritional advice to clients 3.2 Explain the importance of communicating health risks associated with weight loss fads and popular diets to clients 3.3 Evaluate the potential health and performance implications of severe energy restriction, weight loss and weight gain 3.4 Identify clients at risk of nutritional deficiencies 3.5 Explain how cultural and religious dietary practices can influence nutritional advice 3.6 Describe safety, effectiveness and contraindications relating to protein and vitamin supplementation 3.7 Explain why detailed or complex dietary analysis that incorporates major dietary change should always be referred to a Registered Dietician
4. Understand the relationship between nutrition and physical activity	4.1 Define the role of carbohydrate, fat and protein as fuels for aerobic and anaerobic energy production 4.2 Explain the components of energy expenditure and the energy balance equation 4.3 Explain how to calculate an estimate of Basal Metabolic Rate (BMR) 4.4 Explain how to estimate energy requirements based on physical activity levels and other relevant factors 4.5 Identify energy expenditure for different physical activities 4.6 Evaluate the nutritional requirements and hydration needs of clients engaged in physical activity

5. Understand how to collect information relating to nutrition	<ul style="list-style-type: none"> 5.1 Explain why it is important to obtain clients' informed consent before collecting nutritional information 5.2 Describe the information that needs to be collected to offer nutritional advice to clients 5.3 Explain the legal and ethical implications of collecting nutritional information 5.4 Describe different formats for recording nutritional information 5.5 Explain why confidentiality is important when collecting nutritional information 5.6 Describe issues that may be sensitive when collecting nutritional information 5.7 Explain different methods that can be used to measure body composition and health risk in relation to weight
6. Understand how to use nutritional information	<ul style="list-style-type: none"> 6.1 Describe basic dietary assessment methods 6.2 Explain how to analyse and interpret collected information so that clients' needs and nutritional goals can be identified with reference to the National food model/guide recommendations 6.3 Describe how to interpret information gained from methods used to assess body composition and health risk in relation to weight 6.4 Explain how to sensitively divulge collected information and 'results' to clients 6.5 Explain how to recognise the signs and symptoms of disordered eating and healthy eating patterns 6.6 Describe the key features of the industry guidance note on 'Managing users with suspected eating disorders' 6.7 Explain the circumstances in which a client should be recommended to visit their GP about the possibility of referral to a Registered Dietician
7. Understand the principles of nutritional goal setting with clients	<ul style="list-style-type: none"> 7.1 Explain how to apply the principles of goal setting when offering nutritional advice 7.2 Explain how to translate nutritional goals into basic healthy eating advice that reflects current National guidelines 7.3 Explain when people other than the client should be involved in nutritional goal setting 7.4 Define which other people could be involved in nutritional goal setting 7.5 Identify the barriers which may prevent clients achieving their nutritional goals 7.6 Explain how to apply basic motivational strategies to encourage healthy eating and prevent non-compliance or relapse 7.7 Explain the need for reappraisal of clients' body composition and other relevant health parameters at agreed stages of the programme
8. Be able to collect and analyse nutritional information	<ul style="list-style-type: none"> 8.1 Collect information needed to provide clients with appropriate healthy eating advice 8.2 Record information about clients and their nutritional goals in an approved format 8.3 Analyse collected information including nutritional needs and preferences in relation to the clients current status and nutritional goals
9. Be able to apply the principles of nutrition to a physical activity programme	<ul style="list-style-type: none"> 9.1 Access and make use of credible sources of educational information and advice in establishing nutritional goals with clients 9.2 Design and agree nutritional goals that are compatible with the analysis, accepted good practice and national guidelines 9.3 Ensure that the nutritional goals support and integrate with other programme components 9.4 Agree review points with the clients 9.5 Review the clients' understanding of how to follow the nutritional advice as part of their physical activity programme 9.6 Monitor, evaluate and review the clients' progress towards their nutritional goals

Assessment

Theory paper
Case study

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