

Level 2 Certificate in

# Improving Personal Exercise, Health & Nutrition

This qualification aims to equip you with a detailed understanding of the concepts of health and well-being, including basic anatomy and physiology. You will learn about the role of nutrition in exercise, including energy requirements and fluid replacement, and then learn about how to measure personal fitness levels and create a personal programme of exercise and nutrition.

## Unit 1: Understand health, well-being and exercise

In this unit, you will cover the concepts of health and well-being, factors that could have a negative impact on health and well-being, factors that can affect personal motivation, and the basics of anatomy and physiology.

## Unit 2: Understand the role of nutrition in exercise

You will learn about diet and nutrition, energy requirements and fluid replacement for exercise.

## Unit 3: Plan and prepare for personal exercise and nutrition

In the third and final unit of this course, your employees will learn about the importance of exercising safely, how to measure personal fitness levels, how to follow an appropriate personal programme of exercise and nutrition, and how to evaluate a personal programme of exercise and nutrition.

*Please note: You are required to complete a fitness test as part of this course. If you become unable to be active and therefore cannot complete the fitness tests (i.e a timed walk) or log anything in your exercise plan (this could be from any fitness level start point such as stretches, walking, a physio plan etc), a pass cannot be given.*



The level 2 distance learning courses are fully funded.  
The only criteria is that you are over 19, have lived in the EU for the past 3 years and currently live in England.



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