

NCFE Level 2 Certificate in Improving Personal Exercise, Health and Nutrition



Course Code F08DV99A

Free

Who is this course for?	Learners who are over 19 years of age and for those wanting to gain a Level 2 qualification and may be particularly useful for those working in the voluntary and community sectors.
Entry requirements	Previous L1 Maths and English achievement or demonstrating the ability to work at these levels is recommended.
How do I enrol?	To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713. You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.
Course aims	This qualification is designed for learners to develop knowledge and understanding of how to improve their own personal exercise, health and nutrition. Learners will understand the impact of diet, safe and appropriate exercise, personal motivation and setting goals.
Qualification	NCFE Level 2 Certificate in Improving Personal Exercise, Health and Nutrition. This qualification has 3 mandatory units and is internally assessed. * Understand Health, Well-Being and Exercise; * Understand the Role of Nutrition in Exercise; * Plan and Prepare for Personal Exercise and Nutrition.
How will the course be delivered?	All courses are exclusively delivered via an online learning, self-study programme.
What will I need to bring?	You will need use of a desktop or laptop computer with access to the internet.
Will I need to study or practise outside the classroom?	Your study pattern is self-managed, but a commitment of 2 - 3 hours per week is suggested to enable successful completion of the course within the timescale of 20 weeks.
How will I know I am progressing?	You will receive regular feedback from an assessor following completion and submission of individual units You will also receive weekly updates of progress as well as any outstanding items.
Progression	Level 2 and 3 Certificate in Preparing to Work in Adult Social Care. Learning Advisors will be happy to provide you with information on your next steps after this course. Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713 to discuss or to make an appointment.
Career opportunities	Apprenticeships in adult social care This course will help to develop transferable skills that could be used in a variety of work or voluntary contexts.

Please note

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA).

It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at <https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

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