



the **skills** network

Level 2 Certificate in Personal Exercise, Health and Nutrition



Course overview

In today's busy world it can be hard to find the time and energy to ensure our health and fitness are at their best, but we know it is important. If you are looking to improve your own health but aren't sure where to start, this course is a great entry point.

This course will equip learners with a detailed understanding of the concepts of health and well-being, including basic anatomy and physiology. They 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.



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Who is suitable?

This course is ideal for learners who wish to increase their awareness and understanding of different aspects of health and well-being and how factors such as technology and a sedentary lifestyle can affect this. It is ideal for anyone looking to learn how to put together a personal exercise and nutrition plan and understand how to account for energy requirements and fluid replacement in relation to the type of exercise being undertaken.

Learning method

Studying via distance learning means you can choose when and where you study. We ensure you get all the support you need throughout your course in the form of a Personal Tutor and a Learner Support Advisor.

This course is available:



Online with online assessments.

All of our award-winning learning resources are of the highest quality and are designed to be engaging and interactive to keep you focused on your learning at all times.

What you will learn

This course is split into three manageable units:

Unit 1: Understand health, well-being and exercise

Unit 2: Understand the role of nutrition in exercise

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

Please note: As part of the course, you will be asked to record your fitness levels and test your fitness at different stages of your learning.

Benefits

- Gain a nationally recognised qualification
- This course is delivered via distance learning, allowing you to choose when and where you study
- Study will enhance both your personal skills and professional development
- Personal Tutors are assigned to you to ensure you have the support needed to succeed.