



LEVEL 2 CERTIFICATE IN IMPROVING PERSONAL EXERCISE, HEALTH AND NUTRITION

Poor diet and lack of exercise are recognised as some of the major contributors to ill health. Regular exercise and a balanced diet help to reduce stress, improve sleep, reduce the risk of illness and increase life quality. Therefore, having a good understanding of diets, the role of nutrition in exercise and personal motivation is an important part of maintaining well-being.

What are the benefits of this course?

- Achieve a nationally recognised Level 2 qualification
- Evidence your competency to employers
- Further your personal and professional development
- Understand diet and nutrition for exercise
- Learn at a time that suits you without the need to attend college

Progression opportunities

By undertaking this programme, learners will be able to further their own continuous professional development, which may improve their career prospects. Learners may then wish to progress on to further qualifications.

What will I learn?

- Understand health, wellbeing and exercise
- Understand the role of nutrition in exercise
- Plan and prepare for personal exercise and nutrition

Entry Requirements

To enrol for Telford College Distance Learning you must be aged 19+ as of the 31/08/19, be a resident of England and have lived in the EU for the last three years. You cannot be currently studying on any other course with us or another provider.