



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

**Dates:** 01/08/2025

**Locations:** Online

This course has a duration of 10 weeks and is designed for learners who wish to develop knowledge and understanding of how to improve their own personal exercise, health and nutrition. The objectives of this qualification are to help learners gain an understanding of: the impact of diet, nutrition and exercise on their personal health; safe and appropriate exercise; the importance of personal motivation and setting goals and targets.

## Entry Requirements

In order to undertake this course, you must have English at Level 1. You will need to know how to use and have access to an electrical device such as; a computer, laptop or tablet due to the delivery of the course being all online.

## What topics does the course cover?

To be awarded the NCFE Level 2 Certificate in Improving Personal Exercise, Health and Nutrition, learners are required to successfully complete 3 mandatory units:

- Understand health, well-being and exercise
- Understand the role of nutrition
- Plan and prepare for personal exercise and nutrition

## How will I be taught and assessed?

You will be provided with online learning materials which cover all aspects of your course. You will be required to complete assessments for each of the units within the course and submit these by the deadline dates provided at induction. You will be allocated an assessor at the start of your course and they will support you to ensure you have a successful outcome. IT skills will be developed throughout your course and basic English skills will be assessed and discussed on an ongoing basis.

## Are there any other costs or equipment I need to get?

The course is free if you meet the eligibility criteria. In order to be eligible for funding, you must be ordinarily resident in England and be aged 19 or older on 31 August 2026. You will need internet access so that you can respond to email and a digital device that will enable you to type your answers into a web-based platform.

## By the end of the course what should I be able to do?

On successful completion of this course you will have gained an understanding of:

- the impact of diet, nutrition and exercise on their personal health
- safe and appropriate exercise
- the importance of personal motivation and setting goals and targets

## What are the progression opportunities following this course?

Learners who achieve this qualification could progress to:

- NCFE Level 2 Certificate in Fitness Instructing
- NCFE Level 2 Award/Certificate in Nutrition and Health
- NCFE Level 2 and 3 Certificate/Diploma in Sport

It may also be useful to learners studying qualifications in the following sector areas:

- health and social care
- hospitality
- leisure