



Day:	Weekends
Time:	930-430pm
Dates:	14th, 15th January 2012, Exam 630pm on 17th January
Numbers:	Minimum 8, Maximum 14
Course Level and Title:	Level 3 Award in Nutrition and Weight Management
Course Fee:	£200. The course includes assessment fee and manual. Reassessment will be charged at £25.
Tutor:	Shelley Blackhurst

Who is the Course for?

Do I need any prior experience? You must already hold a Level 2 Fitness Instructor Qualification.

Will I need an Interview? No

What could I do next? This course means you can give nutritional advice in the context of fitness. This module is contained in the Certificate in Personal Training.

What are the aims of the course?

What topics will I cover?

- Nutritional guidance
- Eatwell Plate
- How to offer basic advice on healthy eating
- Basic principles of weight management
- The role of macro-nutrients in the diet

What will the sessions consist of?

The course analyses food diaries and principles of healthy eating. You will complete a case study on a client and analyse their diet and make recommendations.

How is the course assessed?

Practical Exam? No **Written Exam?** Yes there is a multiple choice exam and a written case study

Awarding Organisation: Central YMCA Qualifications, www.cyq.org.uk

How can I prepare for the course?

Keep a food diary. Save some packets from foods you eat.

Key Facts

Apprenticeship option? Yes

Key Qualification? Yes

**What Next?
Contact us**

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