

FREE

 Awarding Body
NCFE / CACHE / TQUK

 Course Duration
6 / 12 Weeks

Personal Exercise, Health and Nutrition Level 2

Course Overview

Welcome to the Personal Exercise, Health and Nutrition Level 2 course, this comprehensive course is designed to equip you with the knowledge and skills needed to improve your health and fitness through exercise and nutrition.

Through this course, you will gain a deeper understanding of the importance of health, well-being, and exercise, and how nutrition plays a crucial role in achieving your fitness goals.

We will begin by exploring the various aspects of health and well-being and the benefits of exercise in maintaining a healthy lifestyle. Then, we will delve into the different types of exercise and how they impact our bodies, as well as the principles of exercise programming to help you develop a personalized exercise plan.

In addition to exercise, we will examine the role of nutrition in supporting physical activity and how to effectively plan and prepare for a healthy diet.

By the end of this course, you will have a solid understanding of the key concepts related to personal exercise, health, and nutrition, and be equipped with the tools to make lasting positive changes to your lifestyle.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

Taking the Personal Exercise, Health and Nutrition Level 2 course would provide numerous benefits to learners. This will enable them to understand the importance of maintaining good health and well-being through exercise and nutrition.

They would also gain an understanding of the different types of exercise and their impact on the body, as well as how to develop a personalized exercise plan. The course would also equip learners with knowledge on the role of nutrition in exercise and how to plan and prepare healthy meals.

Ultimately, learners would develop the skills needed to make lasting positive changes to their lifestyle and achieve their fitness goals, leading to improved physical and mental health.

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