



Course Title	Multiply Course: Diet Planning and Gym
Training Provider	ITS (Part of Barnsley College)
Course Description (including Learning Aims and Objectives)	
<p>To support local people in the current financial climate, this classroom-based course will support students to manage their own finances.</p> <ul style="list-style-type: none"> • Calculate their BMR and PAL. • Plan a healthy diet involving weights and ratios. • Set an exercise plan to follow based on their goals. • Calculate the cost of a day's meals and calculate the monthly expenditure. • Identify sports equipment that they need for their goals and compare prices to find the best offer. Apply a discount code and state the savings compared to the original price. Addition of all the expenditure for the month and what they may need for a wage to afford their lifestyle. 	
Entry Requirements	
<p>The fully-funded training courses are available to anyone aged 19 and over who doesn't currently hold a Maths GCSE at grade C/4. All students will complete an initial and diagnostic maths assessment.</p>	
Number of Sessions	
One full day.	
Progression Routes	
<ul style="list-style-type: none"> • Functional Skills Maths, English and ICT (Entry Level – Level 2). • Employability Provision with guaranteed job interviews across various occupational areas. • Gateway to Work – budgeting, mental wellbeing, personal development, personal targets and setting achievable goals. 	

For more information contact:

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