

Sport

Nutrition and Health Level 2 Certificate (NCFE) Online Course

In Brief

Start Date / Duration

This course is due to start from September 2024 and will take six weeks to complete.

Entry Requirements

There are no specific prior learning requirements for this qualification. However, students may find it helpful if they've already achieved a Level 1 qualification.

You will achieve

Level 2 Certificate in Understanding Nutrition and Health.

Course Overview

Whether you work in the healthcare or fitness industry and want to enhance your knowledge, or just want to make some changes to your lifestyle, our Level 2 Certificate in Understanding Nutrition and Health is perfect for you.

This fully-online course will teach you about the role food and exercise play in maintaining health and what the information on food labelling really means and how to use it correctly. It also covers the different diets that children and older people need to make sure they are fit and strong, as well as what can cause eating disorders and how to manage them. You'll gain insight into creating a diet and exercise plan that's tailored to each individual's needs and understand how to manage food hygiene to achieve maximum results.

Course Content

The areas of study are:

- Explore the principles of healthy eating
- Consider nutritional needs of a variety of individuals
- Use food and nutrition information to plan a healthy diet
- The principles of weight management
- Understanding eating disorders

How will I be assessed?

You will be assessed through questioning throughout the online sessions.

What Equipment Will I Need?

Laptop or PC with access to the internet.

Where will I study?

You will study at home.

What can I do next?

Upon completion, you could progress on to Level 3 Sport or Level 3 Personal Training Diploma qualifications.

How much does the course cost?

Funding may be available.

19+ Students

Aged 19 or over and thinking about further education? You may be eligible for free or reduced course fees . Please refer to our page ['paying for your course.'](#)

Extra information

Join the Sports Village

We have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates.

Eligibility for Funding

Part-time courses are only available for learners who are 19 years old and above. You may not have to pay for this course if you are employed but earn below £21,255 a year, or if you receive Job Seekers Allowance, Employment and Support Allowance or Universal Credit. If you are unemployed, actively seeking employment and receive Council Tax Benefit, Housing Benefit, Income Support or WFTC then you may also receive funding for this course. You will need to provide evidence of your eligibility which will be checked at enrolment.

This course is funded by South Yorkshire Mayoral Combined Authority (SYMCA) and/or West Yorkshire Combined Authority (WYCA). You must be living in the South or West Yorkshire regions to qualify for funding.

Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email info@barnsley.ac.uk [mailto:info@barnsley.ac.uk]

Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

Last updated: 14th March 2024

Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**