

Qualification
Guidance

Active IQ Level 3 Award in Nutrition for Exercise and Health

Qualification
Accreditation Number:
603/2784/4
Version AIQ005021

Active iQ

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Introduction

The Active IQ Level 3 Award in Nutrition for Exercise and Health is at level 3 on the Regulated Qualifications Framework (RQF).

Guided learning hours:	24	Total qualification time:	70

Entry requirements:

- A level 2 fitness instructing qualification or equivalent.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Qualification outline

Target Learners:

- Learners aged 16+.
- Fitness instructors.

Purpose

This qualification will enable learners to develop their knowledge of healthy eating to analyse their client's nutritional habits and to be able to offer healthy eating advice linked to their clients' exercise and lifestyle goals. During the qualification learners will cover the following:

- How to access credible information about nutrition for exercise and health.
- The nutrients required to maintain health.
- How nutrients from food are used to fuel and aid recovery from physical activity.
- How to estimate daily energy and nutrient requirements for clients with different goals.
- The risks of poor nutritional and lifestyle practices.
- Skills to analyse clients' dietary habits and identification of areas for improvement.

Progression

This qualification provides progression onto:

- Active IQ Level 3 Diploma in Personal Training.
- Active IQ Level 3 Diploma in Exercise Referral.
- Other related qualifications
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Links to National Occupational Standards

There are links to:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR) for Personal Training.
- D462 Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.

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Occupational competence statements for tutoring, assessing and quality assurance

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

Required criteria

All tutors, assessors and internal verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught.
- Have relevant industry experience.
- Demonstrate active involvement in a process of industry relevant continuing professional development during the last two years (this may be discipline/ context specific or relevant to tutoring assessing or quality assurance).

Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education.

Assessors

Assessors must hold, or be working towards, any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment.
- Level 3 Award in Assessing Vocationally Related Achievement.
- Level 3 Award in Assessing Competence in the Work Environment.
- Level 3 Certificate in Assessing Vocational Achievement.
- A1 (previously D32, D33).

Internal verifiers

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- V1 (previously D34).

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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Qualification structure

Learners must complete the one mandatory unit. This qualification is Pass/Refer.

Mandatory units

	Unit	Unit accreditation number	Level
1	The principles of nutrition and their application to exercise and health	J/615/4013	3

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Learning outcomes **The learner will:**	**Assessment criteria** **The learner can:**
1. Understand how to access credible information about nutrition for exercise and health	1.1 Interpret evidence-based nutritional guidelines from credible sources, to include: • national food guides • professional dietetic bodies • independent scientific bodies 1.2 Distinguish between credible evidence-based information and unscientific claims made in the media
2. Know common nutritional terms related to exercise and health	2.1 Define common nutritional terms, to include: • health • diet • wellness/wellbeing • healthy eating • balanced diet • nutrition • nutrient • macronutrient • micronutrient • phytonutrient
3. Know the nutrients required to maintain health	3.1 Describe the macronutrients and their functions 3.2 Evaluate good dietary sources of each macronutrient 3.3 Recognise the transport, storage and metabolised forms of each macronutrient 3.4 Explain the glycaemic index rating system for foods containing carbohydrates and its importance for human health 3.5 Identify key micronutrients and their functions 3.6 Identify good dietary sources of key micronutrients 3.7 Evaluate the importance of phytonutrients to human health 3.8 Describe the functions of water in the body

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Learning outcomes The learner will:	Assessment criteria The learner can:
4. Know how nutrients from food are used to fuel and recover from physical activity	4.1 Evaluate the functions of macronutrients, micronutrients and water in relation to exercise performance and recovery 4.2 Recognise how training may affect an individual's nutritional requirements 4.3 Describe the nutrients used for generating energy 4.4 Analyse the relative contribution of each nutrient to total energy expenditure in activity of different intensities 4.5 Evaluate the role of each macronutrient in post-exercise recovery and relate this to post-exercise dietary guidelines
5. Know how to estimate daily energy and nutrient requirements for clients with different goals	5.1 Define terms related to weight management to include: • calorie • energy balance • negative energy balance • positive energy balance • basal metabolic rate (BMR) • thermic effect of food (TEF) • thermic effect of physical activity (TEPA) • non-exercise activity thermogenesis (NEAT) 5.2 Describe safe and effective guidelines for the rate of fat loss achievable through diet modification and exercise 5.3 Critically compare guidelines for the rate of muscle gain achievable through diet modification and exercise to analyse safety and effectiveness 5.4 Explain safe and effective guidelines for tailoring nutrition to optimise preparation and performance in endurance events, to include: • pre-event nutrition, e.g. carbohydrate loading, fat loading • nutrition during the event • post-event nutrition
6. Know the risks of poor nutritional and lifestyle practices	6.1 Describe the signs, symptoms and risks of dehydration 6.2 Analyse the risks of diets that severely restrict energy intake 6.3 Analyse the risks of diets that contain high intakes of processed food products and few real foods 6.4 Evaluate the role of alcohol as a non-nutrient dietary source of energy 6.5 Evaluate the effects of caffeine on the body

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Learning outcomes The learner will:	Assessment criteria The learner can:
7. Know the nutritional considerations for specific client groups	7.1 Explain the importance of a balanced diet for pre and postnatal clients 7.2 List the sources of food which are important for pre and postnatal clients 7.3 List the foods which should be avoided during pregnancy and the reasons for these 7.4 Explain the importance of a balanced diet for older adults 7.5 List the sources of food which are important for older adults 7.6 Explain the relevant nutritional guidelines for specified medical conditions, to include: • hypertension • obesity • cardiac pulmonary disease • diabetes • stress 7.7 Recognise the professional boundaries for a personal trainer with regard to providing nutritional information and advice 7.8 Recognise when to refer or signpost a client to a professional qualified to deal with specific nutritional and dietary requirements
8. Be able to analyse clients' dietary habits and identify areas for improvement	8.1 Use appropriate methods to collect nutritional information from clients with different goals, to include: • fat loss • muscle gain • preparing for an endurance event • preparing for a strength and power event 8.2 Use appropriate methods to analyse a client's nutritional information 8.3 Analyse a client's collected nutritional data to identify areas of improvement in line with current nutritional guidelines 8.4 Analyse a client's collected data to identify areas of improvement in line with their nutritional goals
Assessment	Theory paper Case study Assignment Worksheet

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