



Qualification  
Guidance

# Level 2 Award in Understanding Nutrition, Performance and Healthy Eating

Qualification  
Accreditation Number:  
**601/2039/3**  
Version AIQ004534

**Active iQ**

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# Active IQ Level 2 Award in Understanding Nutrition, Performance and Healthy Eating

**Qualification Accreditation No:** 601/2039/3

## Introduction

The Active IQ Level 2 Award in Understanding Nutrition, Performance and Healthy Eating is at level 2 on the Regulated Qualifications Framework.

**Guided** learning hours: 24      Total Qualification Time: 30      Credit: 3

Minimum credit to be achieved at or above the level of the qualification	3
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

## Entry Requirements

- There are no specific entry requirements
- 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 and Activity Instructors
- Community Workers
- Health Care Professionals

### Aim:

To provide learners with an understanding of nutrition for performance and healthy eating

### Objectives:

To provide learners with the knowledge to understand:

- the function of food
- the relationship between food and health
- the importance of a balanced diet
- the principles of weight control
- how to promote healthy eating

## Progression

This qualification provides progression on to:

- Fitness and Activity Leader qualifications e.g. Active IQ Level 2 Certificate in Fitness Instructing or the Active IQ Level 2 Award in Leading Health Related Activity Sessions
- Active IQ Level 2 Certificate in Promoting Community Health and Well Being
- Other health care qualifications

## **Links to National Occupational Standards**

There are links to the following National Occupational Standards:

- Instructing Exercise and Fitness
- Instructing Physical Activity and Exercise

## Occupational competence statements for tutoring, assessing and internal verifying

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 Continued 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 Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- 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 or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- 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 or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- 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 (3 credits).

**Mandatory Unit**

Unit	Unit accreditation number	Level	Credits	
1	Understanding nutrition, performance and healthy eating	F/504/4485	2	3

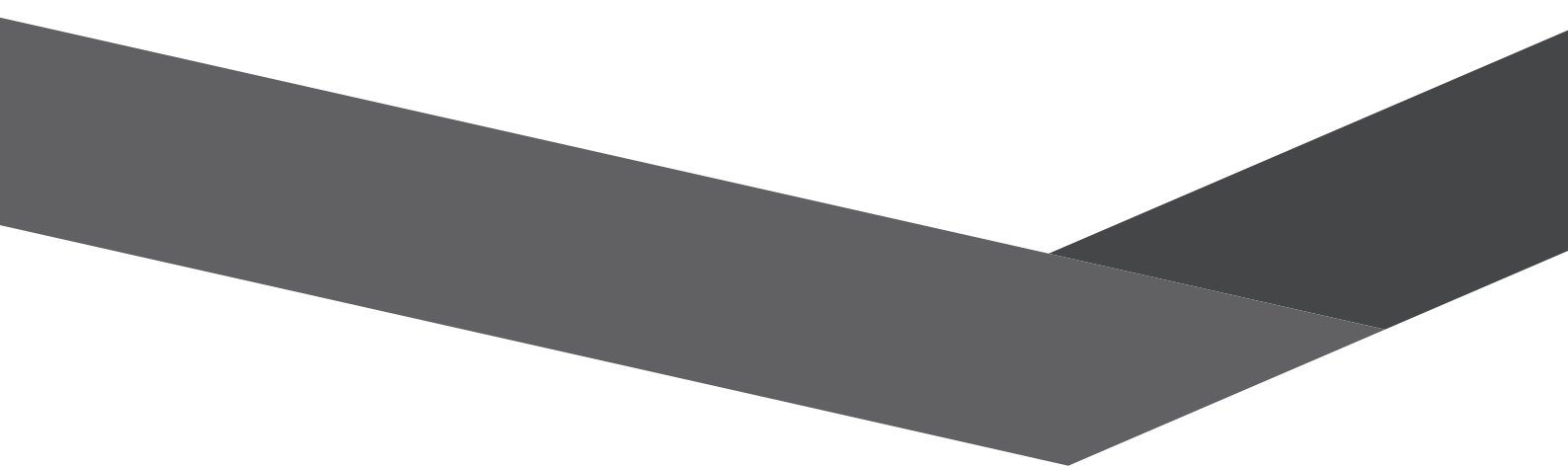
<b>Learning outcomes</b> <b>The learner will:</b>		<b>Assessment criteria</b> <b>The learner can:</b>	
1.	Understand the function of food	1.1	Describe the main functions of food
		1.2	Describe the basic principles of digestion and absorption
2.	Understand the relationship between food and health	2.1	Describe the concept of a balanced diet
		2.2	Distinguish between two examples of different sorts of diets
3.	Understand the basic principles of weight control	3.1	Describe an example of how weight can be controlled
		3.2	Describe the links between exercise and weight control
		3.3	Differentiate between different exercise sessions for weight control
4.	Understand why a balanced diet is required to maximise performance	4.1	Describe why a balanced diet is required to maximise performance
5.	Understand how to promote healthy eating	5.1	Describe a range of ways to promote healthy eating
Assessment		Worksheet	

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