

# Sport

## Nutrition and Health Level 2 Certificate (NCFE) Online Course

### In Brief

#### Start Date / Duration

This is an online course that you can start throughout the year. It is likely to take you 12 weeks to complete.

#### Entry Requirements

- Aged 19+
- 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

Our online Level 2 Certificate in Understanding Nutrition and Health is perfect for adults 19+. Learn about the role of food and exercise in maintaining health, interpreting food labels, and creating tailored diet plans. Enrol now to enhance your nutrition knowledge and make positive lifestyle changes.

Course highlights:

- Principles of healthy eating
- Nutritional needs for various individuals
- Planning a healthy diet
- Weight management principles
- Understanding eating disorders

### Course Content

### 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 Honeywell 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 ??23,400 a year, or if you are unemployed and receive Job Seekers Allowance, Employment and Support Allowance or Universal Credit. 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) [mailto:info@barnsley.ac.uk]

## **Additional Learning Support**

Our Additional Learning Support team can provide you with the support you need. Call 01226 216 769 for further information.

## **Disclaimer**

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

**Last updated:** 12th December 2024

### **Want to apply?**

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

Call us on **01226 216 123**