

# Sport

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

### In Brief

#### Start Date

This course is due to start from September 2024

#### 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 £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](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:** 16th May 2024

### **Want to apply?**

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

Call us on **01226 216 123**