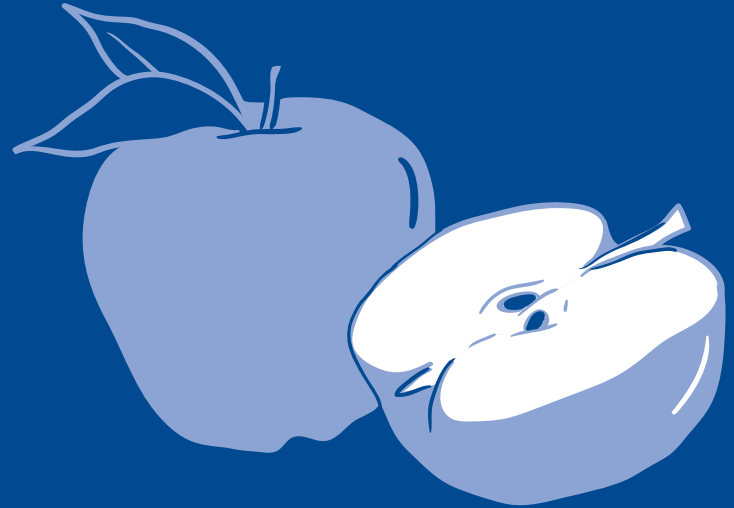


## Level 4

# Certificate in Nutrition for Physical Activity & Sport

This qualification is designed for learners who need to understand food, nutrition and their effect on our overall health.



### WHO NEEDS THIS QUALIFICATION?

- People who work in health & fitness
- Fitness organisation workers
- People who prepare food professionally, especially for sportspeople
- People who have a role in promoting healthy diets to others
- Community health workers

### WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

### HOW IS THIS QUALIFICATION ASSESSED?

Attainment of the Learning Outcomes for each unit will be assessed by assignments provided by RSPH and marked internally by the centre.

### WHAT DOES THIS QUALIFICATION COVER?

- Understanding what nutrients and hydration are needed for exercise
- How food functions as an energy source
- Components of energy consumption and expenditure
- What the energy requirements are at different lifetime stages
- Understanding food related diseases such as coeliac disease and nut allergies
- Food labelling requirements including legal requirements for health and nutrition claims



**Guided Learning time:**  
90 hours

**Total qualification time:**  
45 hours

**2 units**

