



Level 2 Online Certificate in Improving Personal Exercise, Health and Nutrition (OL)

Study Type

Online

Course Area

Health & Science

Course Duration

You can complete this course at your own pace in a flexible way. You will have 8-10 weeks to complete all of the assessments.

Entry Requirements

Although there are no formal entry requirements for this course, due to the nature and course delivery of distance learning we require all applicants to hold a minimum of English Literacy Level 1 or equivalent.

If you are between 19 and 23 years of age you must also have already achieved a full level 2 qualification ie the equivalent of 5 GCSE Grades A-C.

This course is suitable for students aged over 19.

Course Information

The qualification enables learners to gain knowledge and understanding of the positive effects of exercise on long-term health and well-being and implementing an exercise plan with the appropriate nutritional requirements.

Assessment

Once enrolled you will be provided with access to our online platform. This will provide you with an online information booklet for you to read through. You then will need to submit answers to a range of assessment questions on the online platform.

Considerations

Please note you can only study one online course at a time. Upon successful completion, you can then apply for a new programme.

Proaression

These online short courses are great to develop and upskill your existing knowledge. They can support you to progress within your existing job roles.