

Level 3 Award in Nutrition for Physical Activity



Course outline:

The aim of this qualification is to recognise the skills, knowledge and competence required for an individual to apply the principles of nutrition and weight management to support client goals.

This course is for:

This course is designed for those working with or planning to work with clients to help them realise a healthy weight through nutrition and physical activity. It is suitable for physical activity professionals, nurses and community health providers, healthy living practitioners or any person providing community health and wellness support.

Course format:

Two day tutorial (16hrs)

- Day 1 - Nutrition and Health
- Day 2 - Weight Management and obesity

Learners will cover:

- Collecting, analysing and utilising nutritional information
- The principles of nutritional goal setting with clients
- Providing nutritional advice in line with nationally recommended best practice
- Applying the principles of nutrition to a physical activity programme
- Exploring weight management advice/strategies for overweight and obese populations

Course Content:

Nutrition & Health Section

➤ **The Digestive System**

Examining the main functions of the organs that make up the digestive system and the digestion process for carbohydrate, fat and protein.

➤ **Carbohydrates**

What is the difference between complex and simple carbohydrates? What is the glycaemic index, and how can it help our food choices. What are the real issues surrounding sugars? Understand the benefits of a diet high in unrefined complex carbohydrates and fibre.

➤ **Fats**

What are the key messages around the different types of dietary fat? What are the recommended levels of fat in a healthy diet? What is the role of saturated fat and trans fats in coronary heart disease & cardio-vascular disease? What are essential fatty acids and what is their role.

➤ **Protein**

How much protein do we need for a healthy diet? What are the main points to consider for vegetarians, and what is the difference between plant and animal proteins? What are the issues surrounding high protein diets?

➤ **Vitamins and Minerals**

What are the macro & micro minerals, what is their role and where do we find them? What are vitamins & why does our body require them? Where do the other phytochemicals come from, and what is their role.

➤ **Healthy Eating Guidelines**

What is the Government's advice for healthy eating. Identify the different food groups and the quantities that make up a healthy diet.

Weight Management

➤ **The aetiology of weight gain**

Relationship between genetic disposition & environmental factors – what happens when genes meet the environment? What is happening at a cellular level, how are fat cells controlling appetite and satiety? Links with weight gain & non communicable lifestyle diseases? Calculate & interpret Body Mass Index (BMI), Bodyfat percentages & waist measurements.

➤ **Metabolism & Energy Requirements**

Understand why the focus needs to be on weight maintenance not just weight loss. How is our metabolism set, and what is its significance? Calculating energy requirements, and setting appropriate energy intakes. What is energy balance and why do some people find this easier to achieve than others?

➤ **Dieting**

Why are diets only a temporary measure and not a permanent solutions for 95% of the population? What are the counterproductive features of crash dieting? A critical look at some of the more popular and obscure diets. What are the helpful aspects of diets and weight loss regimes, and how can we develop positive strategies for long term weight loss?

➤ **Practical application of learned nutritional information**

How to collect and analyse information relating to an individuals' diet i.e. nutritional questionnaire and food diaries. How to make recommendations in line with the balance of good health. Learn how to interpret nutritional information on food labels and what to look out for. Offer advice on portion sizes, cooking and purchasing healthier foods choices.

➤ **Psychology of eating**

Why do we make the choices that we do? Why do we eat when we are not hungry? How can we build strategies to combat eating due to stress or boredom? Is grazing a useful strategy in an obesogenic environment or do we need a more structured approach?

➤ **Physical activity**

What part does physical activity play in a weight management programme? What are the considerations when designing and implementing an activity programme for overweight and obese individuals?

➤ **Planning and time management**

Examining the practical elements of planning and organisation required for a long-term workable weight management strategy. Why is time a common reason (excuse) given for a poor diet and a sedentary lifestyle and how can we learn to prioritise to ensure we maintain a healthy diet and an active life.

➤ **Behaviour modification**

Changing attitudes and challenging negative and counterproductive thought processes. Developing positive behaviour processes. What are the significant motivators for overweight people, and what are their barriers to change? How can we use beneficial techniques to influence thought processes?

➤ **Working with individual clients**

When working with individuals how do we establish a productive and meaningful client relationship? What information will you collect, and how will you assess the needs of that individual?

Course Assessment:

Theory knowledge will be assessed by a multiple choice exam on the second day of the training course. Candidates will then have six weeks to complete a practical case study and submit this for assessment.

Entry Requirements:

Minimum age 18

This course has undergone a rigorous assessment and accreditation by the Government training Organisation *Skills Active*, and is on the Department of Health's list of obesity training courses.