CYQ Award in Nutrition for Physical Activity

The CYQ Award in Nutrition & Weight Management provides you with the ability to evaluate your client’s diet, and give sound scientific advice to improve their eating habits. The course also addresses issues surrounding food and nutrition, including the energy needs of the active individual, the physiology and psychology of dieting, and the signs and symptoms of common eating disorders.

**What does the course cover?**

* - The Structure & Function of the Digestive System
* - Basic Nutrition

- Physiology & Psychology of Dieting

- Understanding of Food Labels

- Energy Needs of the Active Individual

- Analysis of Dietary Intake

- Implementation of Dietary Modifications

**How is the course delivered?**

* The course lasts for two days and consists of a mix of both theory sessions and group workshops, with an additional day approximately two weeks after the last taught session to undertake the nutrition & weight management theory paper and submit your case study.

**How is the course assessed?**

* - Level 3 Nutrition for Physical Activity Theory Paper
* - Nutrition for Physical Activity Case Study