

Qualification Specification

Focus Awards Level 4 Certificate in Nutrition
for Weight Management and Athletic
Performance (RQF)

603/5682/0



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Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)

Qualification Details

QAN: 603/5682/0

GLH : 208

Credit: 33

TQT: 331

Qualification Purpose

The Level 4 Certificate in Nutrition for Weight Management and Athletic Performance qualification will provide the learner with the skills, knowledge and competence to provide nutritional support to clients with a range of weight management and athletic performance goals. The qualification can be completed with no prior anatomical, physiological or nutritional background as the learner will journey through the fundamentals of human anatomy and physiology and how the food we eat and supplements we take, impact on these basic systems. Once achieved, this elementary content is expanded upon and applied in a practical environment to ensure the learner can competently:

- Obtain client data to perform a nutritional analysis of their client's current eating regime.
- Analyse collated data and summarise to a client their current nutritional status and areas where support can be applied.
- Develop nutritional strategies for achieving specific weight management and/or athletic performance goals.
- Design appropriate eating plans for clients who are apparently healthy, taking into account a myriad of possible considerations.

Learner Entry Requirements

There are no specific entry requirements for this qualification. It is recommended that learners have subject knowledge at least at level 2 however, this is not essential.

Age Ranges

Entry is at the discretion of the centre; however learners should be at least 16 to undertake this qualification.

Geographical Coverage

This qualification is available in England.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Consideration Policy.'

Assessment Methods

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and the assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include:

- Assessor observation – completed observational checklists on related action plans
- Witness testimony
- Learner product
- Worksheets
- Assignments / projects / reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate and where permitted by the relevant Sector Skills Council or Sector Skills Body.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

Useful websites and supporting materials

You will find useful websites and supporting materials here:

- www.focusawards.org.uk
- Ofqual.gov.uk

Qualification Structure/Rules of Combination

| Unit Title | Unit Ref | Level | GLH | Credits |
|---------------------------|------------|-------|-----|---------|
| Mandatory units | | | | |
| Systems of the human body | D/618/0536 | 4 | 16 | 6 |

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|--|------------|---|----|---|
| Human metabolism, the energy balance, and the currency of calories | H/618/0537 | 4 | 10 | 4 |
| Applied nutrition for health | K/618/0538 | 4 | 12 | 5 |
| Fuelling for athletic performance | M/618/0539 | 4 | 12 | 5 |
| Common diets, food labelling, and the effects of marketing | H/618/0540 | 4 | 12 | 5 |
| Understanding supplemental aids and strategising nutritional goals for clients | K/618/0541 | 4 | 20 | 8 |

Requirements for Tutors:

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.