

Improving Personal Exercise, Health and Nutrition



Course Overview

This course will develop your knowledge and understanding of how to improve your own personal exercise, health and nutrition.

What You Will Study

Throughout this course, you will study 3 units which are:

- The Impact of Diet, Nutrition and Exercise on their Personal Health
- Safe and Appropriate Exercise
- The Importance of Personal Motivation and Setting Goals and Targets

Attendance Expectations

This is a fully online course, no in college attendance is required.

How You Will Be Assessed

You will be assessed through a variety of different written tasks and short answers questions.

Entry Requirements

There are no entry requirements for this course.

Fee Information

Funding available subject to postcode.

Further Study

Upon completion of this course, you can progress to other online courses.

START DATE

Available to enrol
from August 2025

LEVEL

Level 2

STUDY MODE

Part-time

DURATION

10 weeks

AWARDING BODY

Northern Council For
Further Education

LOCATION

Online Learning



For further information
about this course, including
Entry Requirements,
Assessments and Further
Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email courseinfo@heartofyorkshire.ac.uk.

To learn more about the Heart of Yorkshire Education Group, our facilities and how we can support you please visit our website www.heartofyorkshire.ac.uk.

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