

## YMCA Certificate in Advanced Nutrition Level 4



### In a nutshell

This qualification provides learners with knowledge and skills to apply reliable, evidence-based nutritional science and healthy eating recommendations.

### This course is for you if...

Learners will gain an understanding of nutritional science and their application to exercise, sport and athletic performance.

This includes:

The limitations and risks of supplements and performance aids.

The importance of hydration for sports performance.

Working within their scope of practice they will be able to support their clients in their understanding of the relevance of official guidelines to personal food preferences and needs, including for:



# COURSE INFORMATION LEAFLET

health and wellbeing  
weight management  
sports performance.

Learners will also learn how to direct individuals who participate in physical activity and exercise to reputable sources of information when required.

## What will I be doing?

To achieve the YMCA Level 4 Advanced Nutrition for Health, Weight Management and Sports Performance (610/2694/3), learners need to achieve 5 mandatory units:

Nutrition for physical activity and exercise (F/650/6219)  
Structure and functions of the digestive system (K/650/7239)  
Applied nutrition for exercise, sport, and athletic performance (K/650/6220)  
Supplements, performance aids and hydration for sports performance (L/650/6221)  
Providing dietary advice to support the needs of different athletes and sports people (M/650/6222)

## What is expected of me?

Learners must be 16+  
Learners should be able to communicate effectively with individuals and groups.

## What comes next?

This qualification can lead to further training at the same and/or higher levels in a range of related disciplines. For example, YMCA Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome (600/6752/4).

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