

L3 Nutrition for Physical Activity (YMCA Awards)



Entry Requirements

Over 18

Course Overview

This qualification allows the holder to offer nutritional and dietary advice to clients and to apply nutritional principles to help support their goals as part of an exercise programme. Whilst it will not enable you to gain entry onto REPS at Level 3 by itself, it is an industry recognised qualification that will help with the professional development required to maintain REPS membership, as well as broadening the services you can offer.

The aim of this qualification is to equip you with the necessary underpinning knowledge and practical skills needed to plan a safe and effective nutrition plan to be used in conjunction with a client's exercise programme.

Course Content

- How to apply the principles of nutrition to a physical activity programme
- How to collect, analyse and use nutritional information
- The principles of nutritional goal setting with clients
- How to provide nutritional advice in line with nationally recommended best practice

Recognised Qualification

- RQF qualification awarded by YMCA Awards
- SkillsActive recognised and 16 REPs points

Accreditations



Format Options



20-30 hrs

Online

You will study this online and submit the case study in the post/email and then book and take an exam.

Macronutrients

← Previous: 1.3 Carbohydrate digestion and absorption Next: 2 Fats →

1 Carbohydrates

1.4 The Glycaemic Index (GI)

The Glycaemic Index is a more accurate way of classifying the effects different foods have on blood sugar levels. It ranks food from 0-100 and is based on their immediate effect on blood sugar levels (the speed at which food is digested and converted to glucose). Glucose is used as a reference food and has a ranking of 100. The faster the rise in blood glucose, the higher the rating.

Many factors determine the GI rating of foods. For example:

- The more processed the food, the higher the rating
- The more gelatinised (swollen with water), the faster the digestion and the higher the rating
- The more amylose (a starch) a food contains, the slower it is digested and the lower its rating
- Fat slows down carbohydrate digestion and lowers the rating
- Soluble fibre also slows digestion and lowers the rating
- Protein slows down carbohydrate digestion and lowers the rating

To estimate the glycaemic index value of a meal:

1. Work out its total carbohydrate content.
2. Work out the contribution of each food to the total carbohydrate component.


For example:

Food	Carbohydrate (grams)	% Total Carbohydrate	GI	Contribution to total GI
Rice crispies (30 grams)	27	47%	82	39
Skimmed milk (300 ml)	15	26%	32	8
Apple juice (100 ml)	16	27%	40	11
Total carbohydrate	58	100%		Meal GI = 58

Water and fluid intake

Next: 1.1 Functions of water →

1 Water and fluid intake



Although water is not a nutrient in the classical sense, the human body cannot survive without it. It makes up 40-60% of a person's body mass, constitutes 65-75% of muscle weight and roughly 50% of the weight of body fat. As a result, differences in total body water between individuals are largely due to variations in body composition (differences in lean versus fat tissue).

The body has two main water 'compartments':

- Intracellular – refers to inside cells
- Extracellular – refers to fluids surrounding cells.

Of total body water, approximately 60% is intracellular and 40% is extracellular.

Extracellular fluid includes:

- blood plasma and lymph
- saliva
- fluid in the eyes
- fluid secreted by glands and digestive tract
- fluid that bathes nerves of the spinal cord
- fluid secreted from skin and kidneys.

In-house

This course requires 1-2 days attendance when you will be given a comprehensive training manual and organise an exam to be taken too.

Assessment

- 45 min multiple-choice exam
- Submit a case study

Certification

YMCA Awards Level 3 Award in Nutrition for Physical Activity



What next?

- L3 Personal Trainer
- L3 Older Adults
- L3 Ante Natal and Post Natal