



# Nutrition for a Healthy Lifestyle

## Course Guide

Thank you for your interest in Nutrition for a Healthy Lifestyle course with Amac. Within this course guide, you will find information on the different parts of the course. If you need further information then visit our website or ring 01227 831 840 or email [info@amactraining.co.uk](mailto:info@amactraining.co.uk).

### Online CPD Course Nutrition for a Healthy Lifestyle

**Pre requisites**  
Over 16

### Course Overview

This is ideal for those who are interested in improving their understanding of nutrition and healthy eating. It will be particularly useful to those who work in an environment where an understanding of nutrition and health is relevant, such as food planning and preparation. This course supports current government initiatives around improving health and reducing obesity levels. You will develop your understanding of the principles of healthy eating and the role of food in maintaining health. The course will help you to make informed decisions about diets and maintain a healthy diet throughout life.

### Course Content

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

### REPs points

On successful completion of the course, you will be awarded 4 REPs points which can be used for level 2 or 3 fitness professionals towards your annual CPD requirement.

### Assessment

An online quiz (70% required) which when passed enables a personalised certificate to be downloaded.

### Certification

Amac Certificate in Nutrition for a Healthy Lifestyle

