



Qualification  
Guidance  
Syllabus

# Level 3 Award in Nutrition for Sport and Exercise Performance

Qualification  
Accreditation Number:  
**601/8834/0**  
Version AIQ005036

**Active iQ**

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# Active IQ Level 3 Award in Nutrition for Sport and Exercise Performance

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## Introduction

The Active IQ Level 3 Award in Nutrition for Sport and Exercise Performance is at level 3 on the Regulated Qualifications Framework (RQF).

**Guided learning hours: 20**

**Total qualification time: 50**

## Entry requirements:

- Learners must hold Level 2 Certificate in Fitness Instructing (Gym, ETM) and Level 3 Award in Nutrition for Physical Activity or Level 3 Certificate in Personal Training or equivalent.
- There is an element of communication (discussing, presenting, reading and writing) involved, so learners should have basic skills in communication pitched at level 2.

## Qualification outline

### Target learners:

- Learners aged 16+.
- Fitness instructors.
- Personal trainers.

### Aim

To provide learners with the knowledge and skills to:

- Understand nutrition for sport and exercise performance.

### Objectives

To provide learners with the knowledge and skills to:

- Understand the need for a healthy, balanced diet to optimise sports performance.
- Understand how to access credible information about sports and performance nutrition.
- Understand the benefits and risks of specific nutritional protocols that may be used to prepare for sports or fitness events.
- Understand the current scientific evidence relating to the safety and efficacy of common, legally available supplements and ergogenic aids.

### Progression

This qualification provides progression onto:

- Other Active IQ qualifications, for example:
  - Active IQ Level 3 Award in Conditioning for Exercise and Sports Performance.
  - Active IQ Level 3 Award in Instructing Outdoor Fitness.

### Links to National Occupational Standards (NOS)

There are links to:

- National Occupational Standards in Exercise and Fitness.

# Occupational competence statements for tutoring, assessing and internal verifying

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

## Required criteria

All tutors, assessors and internal verifiers must:

- Possess a discipline-specific qualification equivalent to the qualification being taught.
- Have relevant industry experience.
- Demonstrate active involvement in a process of industry-relevant continued professional development during the last two years (this may be discipline-/context-specific or relevant to tutoring, assessing or quality assurance).

## Tutors

Tutors must hold, or be working towards, a teaching qualification.

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education.

## Assessors

Assessors must hold, or be working towards, any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment.
- Level 3 Award in Assessing Vocationally Related Achievement.
- Level 3 Award in Assessing Competence in the Work Environment.
- Level 3 Certificate in Assessing Vocational Achievement.
- A1 (previously D32, D33).

## Internal verifiers

Internal verifiers must hold, or be working towards, any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- V1 (previously D34).

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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## **Qualification structure**

Learners must complete the one mandatory unit.

## **Mandatory unit**

Unit	Unit accreditation number	Level	GLH
1	Nutrition for sport and exercise performance	3	20

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the need for a healthy, balanced diet to optimise sports performance	1.1 Describe the rationale for having a healthy, balanced diet as the cornerstone of a sports nutrition programme 1.2 Identify the functions of macronutrients, micronutrients and water in relation to sport/exercise performance and recovery 1.3 Recognise how sport/exercise training may affect an individual's nutritional requirements
2. Understand how to access credible information about sports and performance nutrition	2.1 Access credible scientific information about sports and performance nutrition 2.2 Identify recognised sports nutrition guidelines from credible organisations, for example: <ul style="list-style-type: none"> <li>• the International Olympic Committee</li> <li>• the British Association of Sports and Exercise Sciences</li> <li>• the Australian Institute of Sport</li> </ul> 2.3 Describe how scientific findings can be presented to exaggerate the purported benefits of sports nutrition products
3. Understand the benefits and risks of specific nutritional protocols that may be used to prepare for sports or fitness events	3.1 Explain protocols for tailoring nutrition and training to optimise performance in endurance events, for example: <ul style="list-style-type: none"> <li>• carbohydrate loading</li> <li>• fat loading</li> <li>• tapering</li> </ul> 3.2 Explain protocols for tailoring nutrition and training to optimise performance in strength and power events, for example: <ul style="list-style-type: none"> <li>• matching nutrition to training phase</li> <li>• optimising strength/power to weight ratio</li> <li>• post-event recovery for multiple event sports</li> </ul> 3.3 Explain the health risks and performance implications of protocols that involve extremely low calorie diets and dehydration prior to bodybuilding or physique events

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
4. Understand the current scientific evidence relating to the safety and efficacy of common, legally available supplements and ergogenic aids	4.1 Identify a range of commonly and legally available supplements and ergogenic aids 4.2 Recognise the scientific rationale or mechanism of action for the identified supplements and ergogenic aids 4.3 Describe a range of supplements and ergogenic aids which are classified as safe and effective based on current scientific evidence, to include: <ul style="list-style-type: none"> <li>• vitamin and mineral supplements</li> <li>• carbohydrate supplements</li> <li>• protein supplements</li> <li>• creatine supplements</li> <li>• caffeine</li> <li>• nitrate supplementation</li> </ul>
<b>Assessment</b>	Worksheet

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