

Certificate in Improving Personal Exercise, Health and Nutrition



Adult

Employer Training

The level 2 Certificate in Improving Personal Exercise, Health and Nutrition will enable you to develop the skills you need to reach your health and fitness goals. You will learn how to assess your fitness levels, how to design a healthy personalised diet and exercise plan, and develop your understanding of anatomy and physiology.

The course will also teach you about healthy lifestyles and how technology can be used to help you on your journey.

So if you're looking to make those healthy changes, reduce stress and improve your overall lifestyle, this fully online course is the one for you.



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Unknown - As required



LEVEL Level 2	DURATION 12 weeks
ATTENDANCE Distance Learning	FEES Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



Find out more and apply online



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Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and
apply online**

