



FOCUS AWARDS

Focus Awards Level 4 Certificate in  
Nutrition for Weight Management and  
Athletic Performance (RQF)

603/5682/0

Silicon House, Farfield Park, Manvers, Rotherham S63 5DB

# Qualification Summary

## Key Information

### Level

4

### Sector

Sport, Leisure and Recreation

### Qualification Type

Occupational Qualification

### Total Qualification Time

331

### Credit Value

33

### Guided Learning Hours

208

### Status

Available to Learners

### Methods of Assessment

Portfolio of Evidence

### Minimum Age

16



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# Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)

QRN: 603/5682/0

GLH: 208

TQT:331

Credit: 33

## Qualification Purpose:

The Level 4 Certificate in Nutrition for Weight Management and Athletic Performance qualification will provide the learner with the skills, knowledge and competence to provide nutritional support to clients with a range of weight management and athletic performance goals. The qualification can be completed with no prior anatomical, physiological or nutritional background as the learner will journey through the fundamentals of human anatomy and physiology and how the food we eat and supplements we take, impact on these basic systems. Once achieved, this elementary content is expanded upon and applied in a practical environment to ensure the learner can competently:

- Obtain client data to perform a nutritional analysis of their client's current eating regime.
- Analyse collated data and summarise to a client their current nutritional status and areas where support can be applied.
- Develop nutritional strategies for achieving specific weight management and/or athletic performance goals.
- Design appropriate eating plans for clients who are apparently healthy, taking into account a myriad of possible considerations.

## Age Ranges

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification

## Geographical Coverage

This qualification is available in England.

## Learner Entry Requirements

It is recommended that learners have subject knowledge at least at level 2 however, this is not essential. Focus Awards does not set any other entry requirements, but additional criteria may be requested or specified by the centre.



## Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url: <https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

## Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

## Progression Routes

Learners seeking progress from this qualification can advance their skills further through the following:

- Focus Awards Level 3 Diploma Master In Gym Instructing And Personal Training (RQF)
- Focus Awards Level 3 Diploma Master Personal Training (RQF)
- Focus Awards Level 3 Diploma Specialist In Gym Instructing And Personal Training (RQF)

## Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>



## Qualification Structure

In order to successfully the Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF) learners must complete all mandatory units achieving a total of 33 credits.

### Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Systems of the human body	D/618/0536	4	6	16
Human metabolism, the energy balance, and the currency of calories	H/618/0537	4	4	10
Applied nutrition for health	K/618/0538	4	5	12
Fuelling for athletic performance	M/618/0539	4	5	12
Common diets, food labelling, and the effects of marketing	H/618/0540	4	5	12
Understanding supplemental aids and strategising nutritional goals for clients	K/618/0541	4	8	20

# Staff Requirements

## Requirements for Tutors/Instructors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

## Requirements for Assessors

Assessors will be required to hold, or be working towards a relevant assessing qualification. This includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor.

Assessors must also be able to show they are occupationally competent within the sector area

## Requirements for Internal Quality Assurers (IQA)

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.

