



# YMCA Awards

Level 3 Nutrition to support  
physical activity

2018

# Level 3 Nutrition to support physical activity

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## **Applying the principles of nutrition**

## **Learning outcomes**

By the end of this session you will be able to:

- Access and make use of credible sources of educational information and advice in establishing nutritional goals with clients
- Design and agree nutritional goals that are compatible with the analysis, accepted good practice and national guidelines
- Ensure that the nutritional goals support and integrate with other programme components

## **Learning outcomes**

By the end of this session you will be able to:

- Agree review points with the clients
- Review the clients understanding of how to follow the nutritional advice as part of their physical activity programme
- Monitor, evaluate and review the clients' progress towards their nutritional goals at appropriate times

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## **Credible sources of educational information and advice for your client**

- Anorexia and Bulimia Care: [www.anorexiabulimiare.co.uk](http://www.anorexiabulimiare.co.uk)
- Beating Eating Disorders: [www.b-eat.co.uk](http://www.b-eat.co.uk)
- British Diabetic Association- Diabetes UK: [www.diabetes.org.uk](http://www.diabetes.org.uk)
- British Heart Foundation: [www.bhf.org.uk](http://www.bhf.org.uk)
- Department of Health: [www.dh.gov.uk](http://www.dh.gov.uk)
- Health Development Advice: [www.hda-online.org.uk/](http://www.hda-online.org.uk/)
- Glycaemic Index: [www.glycemicindex.com](http://www.glycemicindex.com)
- International Obesity Taskforce: [www.ietf.org](http://www.ietf.org)
- NHS Choices: [www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)
- Scientific Advisory Committee on Nutrition: [www.sacn.gov.uk](http://www.sacn.gov.uk)
- World Health Organisation: [www.who.org](http://www.who.org)

