

Level 4 Award in Nutrition for Health

Course Specification

Guided Learning Hours: 35 hours Total

Qualification Time: 65 hours

Ofqual Qualification Number: 600/6873/5

Level 4 = HNC/Adv Higher (SCQF 8)

Description:

This is a Level 4 qualification suitable for individuals who require an understanding of nutrition and diet and their effect on health. It is particularly relevant for people working in the health, fitness or catering professions who might have a role in the promotion of healthy eating or the preparation of meals, menus and diets. The objective of the qualification is to provide understanding of the nutritional requirements for a healthy diet, the effect of diet on health and the importance of hydration.

Learners will take a single unit: Principles of Nutrition but may add additional units at a later date to obtain the RSPH Certificate in Nutrition for Institutional Food Services or the RSPH Level 4 Certificate in Nutrition for Physical Activity and Sport. qualification can progress to the RSPH Level 4 Award in Nutrition.

Learning Outcomes

To achieve this qualification a candidate must:

- 1. Understand the sources, functions and uses of macro and micro nutrients, by being able to:**
 - 1.1 Identify dietary sources of macro and micro nutrients
 - 1.2 Explain the physiological functions of macro and micro nutrients
- 2. Understand the energy, nutrient and hydration requirements of individuals throughout life, by being able to:**
 - 2.1 Explain the components of energy consumption and expenditure
 - 2.2 Explain the energy, hydration and nutrient requirements at different lifetime stages
 - 2.3 Outline factors that affect energy, nutrient and hydration requirements of individuals in relation to social, cultural, religious and ethnic groups
- 3. Understand the effects of diet on health, by being able to:**
 - 3.1 Describe the relationship between diet and disease
 - 3.2 Describe possible dietary influences for different groups
- 4. Understand legislation as it relates to labelling and advertising of foods, by being able to:**
 - 4.1 Assess how food labels conform to legislative requirements
 - 4.2 Outline the legal requirements in relation to health claims and nutrition claims

Delivery Options and Examination

This is a class-based course that is run over 5 days, usually one day per week over 5 weeks. Dates for upcoming courses can be found on the Training Page of our website.

Attainment of the learning outcomes for each unit will be assessed by assignments. Assignments will be provided by RSPH and internally marked by Nutrition Scotland. Marking by centres will be subject to scrutiny by RSPH. In order to obtain a pass, candidates must be able to demonstrate that they have achieved the learning outcomes for the unit.