



TRANSCEND
AWARDS

Transcend Level 3 Award in Nutritional Intervention for Exercise, Wellbeing and Weight Management

Qualification Unit Specification

Version 01: 17 December 2019

future fit 
TRAINING


Qualification Unit Specification

Welcome		
Welcome to the Transcend Level 3 Award in Nutritional Intervention for Exercise, Wellbeing and Weight Management Unit Specification. This qualification is comprised of two mandatory units. Learners are required to have successfully achieved both units in order to be awarded the qualification certificate.		
Qualification Units	This document contains learning outcomes and assessment criteria information for the mandatory units within the qualification.	
	Unit 1:	Driving behaviour change through nutritional intervention and impact analysis
	Unit 2:	Deployment expectations when conducting nutritional intervention and impact analysis

Unit 1						
Unit title:		Driving behaviour change through nutritional intervention and impact analysis			Unit Level	3
Unit aim:		The aim of this unit is to develop the learner's ability to influence behaviour change through nutritional intervention and impact analysis.				
Learning outcomes		Assessment criteria			PTIS	Assessment
LO1	Understand the principles of nutrition	AC1.1	Justify relevant advice aligned to the principles of nutrition	Consideration of eating habits and their impact Consideration of main nutrients and their food sources ¹ Consideration of importance of hydration Consideration of importance of macro-nutrients and micronutrients Consideration of influence of nutrition on health ²	K6.1	Task A Task B
LO2	Understand effective application of nutritional assessment tools	AC2.1	Justify use of nutritional assessment tools to ensure effective client intervention	Consideration of food diary Consideration of food recall Consideration of food frequency questionnaires Consideration of body composition assessment Consideration of the elements to a weight management programme	K6.3	Task A Task B
		AC2.2	Justify choice of methods for estimating metabolic rates and energy requirements to support the achievement of client goals	Consideration of methods to estimate resting metabolic rate and energy requirements to support the achievement of client goals	K6.4	Task A Task B
LO3	Understand how to educate and motivate through nutritional strategies relevant to the individuals needs	AC3.1	Justify nutritional strategies to ensure effective client intervention	Consideration of current government healthy eating guidelines for individual client Consideration of current evidence-based recommendations to individual client Consideration of current application to individual client's in light of: <ul style="list-style-type: none"> weight management and health hypertrophy sports performance Consideration of education and encouragement to clients to make good food choices Consideration of food labelling to support client choices	K6.2	Task A Task B

¹ Carbohydrate, fats (saturated, un-saturated, essential fatty acids), protein, vitamins, minerals, water

² Obesity, cholesterol, omega 3 and 6 ratio, cancer risk [this list is not exhaustive]

Unit 2					
Unit title:		Deployment expectations when conducting nutritional intervention and impact analysis.			Unit Level 3
Unit aim:		The aim of this unit is to demonstrate the learner's ability to influence behaviour change through nutritional intervention and impact analysis.			
Learning outcomes		Assessment criteria		PTIS	Assessment
LO1	Be able to deliver an effective nutritional intervention	AC1.1	Demonstrate effective use of nutritional assessment tools to identify client's dietary habits	S6.1	Task B Task C
		AC1.2	Demonstrate ability to analyse client's dietary habits and identify areas for improvement within scope of practice	S6.1	Task B Task C
		AC1.3	Demonstrate application of appropriate strategies to educate and encourage clients about healthy eating within scope of practice and current government guidelines	S6.2	Task B Task C
		AC1.4	Demonstrate ability to distinguish between credible and non-credible sources of nutritional information and guidance	S6.3	Task B Task C
		AC1.5	Demonstrate ability to provide clients with appropriate information and signposting according to their individual health and nutrition needs	S6.3	Task B Task C

Appendix: Qualification Unit Specification Version Control

This document is subject to version control. We will request feedback from centres in advance of any change. We will then inform centres of the changes made in advance and will re-publish the specification via our website. All changes will be tracked here and confirmed as an updated version.

Version	Publication date	Publication details
Version 01	17.12.2019	Publication 01