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Understand the Principles of Exercise and Fitness

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<https://www.theskillsnetwork.com/education-sector/courses/online-courses-principles-of-exercise-and-fitness-level-2>

Online Distance Learning Course



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Regular physical activity helps reduce stress levels, improve sleep patterns, increase life quality and expectancy, and reduce the risk of heart disease, diabetes and some forms of cancer.

Sound good? Well no matter what level of fitness you have, if you are interested in personal well-being and want to improve your health and fitness, this short, auto-marked programme is the perfect place to start.

A great addition to your CV to show your commitment to health and fitness, this programme is also beneficial for general knowledge.

Completed online with auto-marked assessments, this programme can be completed in your own time.

- Place of study: **Learn from home**
- Type of course: **Online distance learning course with no exams**
- Course duration: **An average of 4 hours.**

Full customer service support will be provided throughout the course.

Section 1: Exercise

In this section, your learners will learn about the important role exercise plays in maintaining general health and well-being, the types of activities that can improve health and fitness and why we need to exercise.

Section 2: Nutrition

Within this section, your learners will cover the nutritional guidelines for a healthy diet and how nutrition affects our health and fitness.

Section 3: Anatomy and physiology

This section covers the different systems in the human body, including the different terms associated with each system, and also what effects exercise has on these systems.

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