



brightdirectiontraining



## LEVEL 3 NUTRITION FOR PHYSICAL ACTIVITY

Nutrition plays a major role in health, fitness, and performance - yet many people still feel unsure about what actually works. The VTCT Skills Level 3 Award in Nutrition for Physical Activity helps you build real, practical knowledge you can confidently apply in everyday situations.

This nationally recognised qualification is regulated by Ofqual and awarded by VTCT Skills, giving you industry-recognised knowledge in nutrition, physical activity, and behaviour change.

Delivered through in-person learning, the course focuses on real understanding and practical application - helping you build confidence for both personal and professional development.

### » Who is the course for?

This course is ideal for aspiring or qualified Personal Trainers, fitness enthusiasts, and anyone interested in health, wellbeing, and nutrition. It's perfect for those looking to build confidence in nutrition knowledge and better support fitness and lifestyle goals.

### » Programme structure

- **Duration:** 4 sessions
- **Delivery:** Classroom-based
- **Study Format:** Full in-person attendance

You'll learn in a supportive group environment with experienced tutors who are active in the fitness industry, ensuring learning is practical, current, and relevant.

**UNDERSTAND NUTRITION WITH CONFIDENCE:  
PRACTICAL LEARNING FOR REAL-LIFE RESULTS**



# COURSE OVERVIEW

You'll gain a clear, practical understanding of nutrition that you can confidently apply in real-life situations - whether that's for yourself or working with clients.

## » Modules

- The fundamentals of nutrition and digestion
- Macronutrients and micronutrients explained
- How diet impacts health, performance, and body composition
- Creating personalised nutrition plans
- Understanding dietary needs for different populations
- Behaviour change and client adherence strategies
- Ethical and professional practice in nutrition

By the end of the course, you'll not only understand how nutrition works, but also how to apply it in a way that delivers real, sustainable results.

## » How This Nutrition Course Can Support Your Fitness Career

On completion, you can:

- Enhance your services as a Personal Trainer with nutrition guidance
- Support clients with personalised nutrition strategies
- Increase client results, retention, and satisfaction
- Offer added-value coaching both in-person and online
- Build confidence in discussing food, diet, and behaviour change
- Progress onto further specialist health and nutrition qualifications

Nutrition is one of the most important factors in achieving fitness results. Trainers who can confidently support both training and nutrition are far more valuable to clients and stand out in a competitive industry.

With the continued growth of the fitness and wellbeing sector - both in gyms and online - having recognised nutrition knowledge can significantly improve your earning potential, client results, and long-term career opportunities.

# COST & PAYMENT OPTIONS

**Course Cost:** £449.00

## Payment Options:

We offer flexible payment options to make this course accessible:

1. Pay in full and receive a **10% discount**
2. **Flexible payment plan:** secure your place with a deposit, then spread the remaining balance across two instalments before the course starts



## Why Our Courses Are 100% In Person

At Bright Direction Training, we believe the best coaches don't just understand nutrition - they know how to apply it with **real people in real situations.**

Benefits of in-person learning include:

- Learn how to communicate nutrition clearly
- Immediate support and feedback
- Build real confidence, not just knowledge
- Learn alongside others on the same journey
- Stronger focus and accountability

Nutrition isn't just theory - it's about helping real people make real changes.

**Learning face-to-face ensures you leave with the confidence to actually use what you've learned.**



# WHY USE BDT FOR YOUR COURSE?

## Strong Focus on Employability and Confidence

We don't just help you gain a qualification - we help you become job-ready. From applying nutrition in real scenarios to communicating with clients effectively, you'll build the confidence to use your knowledge straight away.

## Learn From Experienced Industry Professionals

Our tutors bring real-world experience from the fitness and nutrition industry, giving you practical insights, client examples, and advice you can actually use - not just textbook knowledge.

## In-Person Learning That Builds Real Skills

Nutrition isn't just about understanding theory - it's about explaining it clearly and applying it with real people. Our face-to-face delivery helps you develop practical skills, not just pass assessments.

## Ofqual-Regulated, Nationally Recognised Qualification

This course is awarded by VTCT Skills, a leading UK awarding organisation, and is regulated by Ofqual, ensuring your qualification meets nationally recognised standards within the fitness and active leisure industry.

Scan the QR code to view upcoming course dates, learn more, and secure your place



**FROM GUESSING TO KNOWING:  
LEARN NUTRITION WITH CONFIDENCE**