



OCN London Sample Course Details

Course Title

Health, Nutrition and Fitness (Level 1)

OCNLR Qualification Title

| Title | Qualification No. | Credits | GLH |
|--|-------------------|---------|-----|
| OCNLR Level 1 Award in Skills for Professions in Sport | 603/2534/3 | 9 | 75 |

In order to gain the Award, learners must achieve 9 credits at Level 1 including 3 credits from the mandatory unit 'Introduction to Study Skills' and 6 credits from the sector specific optional units.

Click [here](#) for the Qualification Guide

Selected Units from above qualification

| | Unit Title | Unit Level | Credit Value | Unit Code |
|---|--|------------|--------------|------------------------------|
| 1 | Introduction to Study Skills (mandatory) | L1 | 3 | HC7/1/LQ/013 |
| 2 | Health and Nutrition | L1 | 3 | MA1/1/LQ/012 |
| 3 | Planning own Fitness Programme | L1 | 4 | MA1/1/LQ/015 |
| 4 | Taking Part in Exercise | L1 | 3 | MA1/1/LQ/018 |