



OCN London Sample Course Details

Course Title

Understanding the Importance of a Balanced Diet and Regular Exercise (Level 1)

OCNLR Qualification Title

Title	Qualification No.	Credits	GLH
OCNLR Level 1 Award in Understanding the Importance of a Balanced Diet and Regular Exercise	603/3131/8	1	9

In order to gain an Award, learners must achieve 1 credit at Level 1 from the mandatory unit.

Click [here](#) for the Qualification Guide

Selected Units from above qualification

	Unit Title	Unit Level	Credit Value	Unit Code
1	Understanding the Importance of a Balanced Diet and Regular Exercise	L1	1	HB1/1/LQ/057