



**Active IQ Level 3
Award in Nutrition for
Exercise and Health**

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With Choreographytogo



Active IQ Level 3 Award in Nutrition for Exercise and Health

Ofqual Accreditation Number 603/2784/4

Choreography To Go Fitness Education Training Provider.

Choreography To Go is owned by Rachel Holmes and has been providing Fitness Education workshops, training, events and courses since 2002.

In 2007 Choreography To Go became endorsed by Active IQ as an official provider to deliver Level 2 and Level 3 Fitness Qualifications.

Please read through our brochure for more information.



Why train with Choreography To Go?

This Qualification will enable you to

- Run Bootcamps with nutritional and diet advice.
- Offer food labeling information and advice.
- Offer weight loss promotions and classes.
- Run weight management and fitness sessions for community based groups.



We pride ourselves on educating our learners to the highest standard and maintain a 98% pass rate across our nationwide courses.



We guarantee your success and will do everything possible to provide a fabulous learning experience.



Choreographytogo is an Active IQ Training Provider and Endorsed By CIMSPA. We advocate and work closely with CIMSPA in furthering educational standards in the fitness industry.

CIMSPA
ENDORSED

Active iQ

Rachel Holmes



Choreographytogo Director and Founder.

Rachel Holmes has 33 years experience as a Fitness Educator and International Presenter and has written additional training lectures and modules supporting your Pilates learning journey.



Rachel@choreographytogo.com



[@rachellholmes](https://www.instagram.com/rachellholmes)

Kelly Reed-Banks



Head Course Tutor.

International Presenter Kelly Reed-Banks delivers the course and works with you from the moment you book, providing ongoing support and guidance to well after you have passed and are teaching.



Kelly@choreographytogo.com



[@kellyreedfitness](https://www.instagram.com/kellyreedfitness)

Entry Requirements

There are no specific pre-requisite qualifications, and the qualification is completely online.



What does this course entail?

- How to access credible information about nutrition for exercise and health.
- The nutrients required to maintain health.
- How nutrients from food are used to fuel and aid recovery from physical activity.
- How to estimate daily energy and nutrient requirements for clients with different goals.
- The risks of poor nutritional and lifestyle practices.



This course is assessed by

Coursework/Project, E-assessment, Multiple Choice Examination, Portfolio of Evidence



FAQ

1: What Is The Ofqual Accreditation Number?

Ofqual Accreditation Number 603/2784/4

2: Is Choreographytogo An Approved Training Provider?

Yes – Here is a link to Active IQ website and CIMSPA:

<https://www.activeiq.co.uk/centres-info/choreography-to-go/>

3: How Am I Assessed For This Qualification?

Coursework/Project, E-assessment, Multiple Choice Examination, Portfolio of Evidence

4: Where can I find more information on this qualification?

Please see the Active IQ website: <https://www.activeiq.co.uk/qualifications/level-3/active-iq-level-3-award-in-nutrition-for-exercise-and-health/>

5: Do I have to attend any live training?

No the course is all online.

Questions?

For more information on our training please contact:
Kelly@Choreographytogo.com

Sign up to our Newsletters for updates:

Fitness Pilates: <https://www.choreographytogo.com/fitness-pilates-newsletter/>

Choreographytogo: <https://www.choreographytogo.com/c2go-newsletter/>





Other Courses from C2GO

Active IQ Level 2 Certificate in Fitness Instructing (ETM)
Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 Certificate in Fitness Instructing (Gym)
Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness
(Aqua)
Ofqual Accreditation Number 500/9640/0

Active IQ Level 2 Award in Adapting Fitness Instruction for
Adolescents
Ofqual Accreditation Number 500/7244/4

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness
(Children)
Ofqual Accreditation Number 500/9640/0

Active IQ Level 3 Award in Designing Pre and Post Natal Exercise
Programmes
Ofqual Accreditation Number 500/6776/X

Active IQ Level 3 Diploma in Personal Training
Ofqual Accreditation Number 603/0895/3

Active IQ Level 3 Diploma in Instructing Pilates Matwork
Ofqual Accreditation Number 501/1778/6

Active IQ Level 2 Award In Instructing Kettlebells
Ofqual Accreditation Number 600/4089/0

Active IQ Level 3 Award in Nutrition for Exercise and Health
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Thank you for choosing your learning provider
choreographytogo.com

