

03 January 2018

Dear Mr Coomber,

Re: CC0054: A comprehensive guide to the basics of nutrition theory and behaviour change

Thank you very much for your application to us for certification of the above course. I am pleased to say your application has been successful, subject to one condition outlined in C below, and I have great pleasure in confirming AfN Certification of this course at level 4 on the Fitness and Leisure Framework.

A. The assessors have made the following comments:

“This is a very thorough course that will give learners a solid foundation of nutritional basics, and how to apply these in different settings.”

B. The assessors have also made the following recommendations:

“One thing that is alluded to, but could be expanded on, particularly when discussing fad diets, may be the evidence on how long people keep weight off when they have lost weight through a fad diet.”

This recommendation does not affect your AfN certification, however it is strongly recommended by the Certification Committee that you implement the recommendations of the assessor.

C. The Committee made Certification subject to the following condition:

*“The course provider confirms that **The Eatwell Guide**” will be used throughout this course.”*

Link to it here.

<https://www.gov.uk/government/publications/the-eatwell-guide>

Under this condition you are required to send the AfN within by 3rd January 2018 evidence that you will use the Eatwell Guide throughout this course.

In the accompanying email we attach a copy of our marketing rules and our terms & conditions for AfN Course Certification. Please ensure that anyone responsible for marketing or promoting your course as AfN Certified is familiar with these documents.

You will also find a uniquely numbered logo (CC054) for use alongside a description of the course on your website, marketing materials and an AfN Certified Course Listing Form. Please complete the Listing Form and return to me, together with a jpeg version of your logo, this will allow us to add your course information to the AfN website.

Once we have received your completed listing form and your logo, the AfN will promote your course via social media, our website, and to email/telephone enquiries to the AfN.

Your course CC054 is Certified, subject to the condition in C above, with the AfN for 3 years and subject to annual renewal. You can apply to renew your AfN Certification for this course annually until 2020. After 2020 if you want to continue AfN Certification for this course we will need to reassess your course through a process of recertification.

We will supply a brief monitoring form with your annual AfN Course Certification renewal notice, which you must submit to us with your renewal payment, but please do let us know of any significant changes to your course as you make them.

We are delighted to welcome you to the growing body of AfN Certified Course providers. If you have any questions regarding certification of your course, please don't hesitate to contact me.

Yours sincerely,

Siobhan Read

Quality Assurance Officer

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