

**Contact**  
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**Apply Online**  
[www.nrc.ac.uk](http://www.nrc.ac.uk)

**NORTHERN**  
Regional College 



**HEALTHY  
LIVING**  
Level 2 Diploma

**NORTHERN**  
Regional College 

### Location

Ballymena  
(Trostan Avenue)

### Mode

Full-time

### Duration

1 Year

### Entry Requirements

Applicants should have at least 4 GCSEs at Grade D-G or above/or 2 GCSEs at Grade C, or other relevant qualifications and satisfy ACCESS NI Assessment Methods and health checks.

### Progression

On completing this course you may be able to progress to a Level 3 programme in Health and Social Care or Childcare.



### About this Course

This exciting new course will provide you with the knowledge and skills to pursue a career involving supporting a healthy lifestyle. You will be expected to complete a project linked to a relevant work placement. There are a variety of assessment methods including work based project, reflective accounts, activity plans and portfolio building. Modules of study include:

- Healthy Living for the Individual
- Understanding Healthy Eating
- Mental Health Awareness