
Qualification Specification

iCT3A2 - VTCT Skills (ITEC) Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client

603/4099/X

About VTCT Skills (ITEC)

iTEC is a global specialist organisation providing qualifications internationally, and specialises in beauty & spa therapy, hairdressing, complementary therapies and sports and fitness therapy. iTEC offers centres and learners high quality regulated qualifications for employability, specialist subjects and skills enhancement.

iTEC has close working partnerships with over 700 approved centres in over 40 countries, and offices in England, Ireland, South Africa, Asia Pacific and the USA. iTEC became part of VTCT (Vocational Training and Charitable Trust), in 2016 to strengthen its position in the industry internationally.

For more information visit us at www.itecworld.co.uk, or contact our dedicated Customer Support Team via email; customersupport@vtct.org.uk or call +44 (0)23 8068 4500.

All qualifications are awarded by VTCT Skills.

Qualification at a glance

Qualification title	VTCT Skills (ITEC) Level 3 Award in Healthy Eating and Well-being for the Complementary Therapy Client
Qualification number	603/4099/X
Product code	iCT3A2
First registration date	01/10/2019
Age range	16-18, 19+
Credit value	6
Total Qualification Time (TQT)	60
Guided Learning (GL) hours	30
Assessment	<p>To be awarded this qualification, learners must successfully achieve the following assessments:</p> <ul style="list-style-type: none">• Portfolio of evidence containing<ul style="list-style-type: none">- Assignment
Grading	Pass/Fail
Entry requirements	<p>There are no formal prerequisite qualifications that learners must have prior to undertaking this qualification. It is the responsibility of the centre to ensure that learners have the required knowledge, understanding and skills to enrol and successfully achieve this qualification.</p>

About this qualification

Aims and objectives

The main aim of the VTCT Skills (ITEC) Level 3 Award in Healthy Eating and Well-being for the Complementary Therapy Client is to enable learners to gain the necessary theoretical skills in order support the general public through advice on healthy eating and well-being and to gain employment in the complementary therapies industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

Content

This qualification is for learners who want to work within the complementary therapies industry. The qualification consists of 1 mandatory unit with a total of 30 hours of Guided Learning (GL) to achieve the full qualification.

The main skill the learner will perform is:

- Providing general information on healthy eating – to include, consultation, evaluating the client's eating habits, providing general information to maintain health and well-being, explaining the factors that should be considered when planning healthy eating for the client, physiological and psychological factors, economics, sociological and environmental factors

The learner will also develop knowledge about contra-indications and when and when not to advise the client working within scope of practice and expertise and client care and communication which are essential to work and be successful in the industry.

This qualification also provides:

- The related knowledge and understanding required to advise the client on healthy eating and well-being, in particular health and safety considerations, the role and sources of nutrients required for a balanced diet and to maintain good health, understanding of metabolism and the basic rules and guidelines to food labelling
- Opportunities for learners to focus on the development of their wider skills in a complementary therapies setting such as communicating with clients, working with others and problem solving
- Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a complementary therapist qualified in healthy eating and well-being for the complementary therapy client

Opportunities for progression

Once learners have achieved the VTCT Skills (ITEC) Level 3 Award in Healthy Eating and Well-being for the Complementary Therapy Client they may progress on to other VTCT Skills (ITEC) or equivalent qualifications at level 3 and 4 for example:

- Level 3 Diploma in Complementary Therapies
- Level 3 Diploma in Massage
- Level 3 Diploma in Reflexology
- Level 3 Diploma in Aromatherapy
- Level 3 Diploma in Indian Head Massage
- Level 3 Certificate in Stone Therapy Massage
- Level 4 Diploma in Spa and Salon Management

Opportunities for employment

There are opportunities for complementary therapists qualified in healthy eating and well-being to find employment in a variety of areas:

- Complementary health clinics
- Beauty salons
- Spa
- Cruise ships
- Hotels or resorts
- Own clinic

Relationship to National Occupational Standards

This qualification has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. This qualification is linked to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the complementary therapist qualified in healthy eating and well-being at level 3.

Qualification structure

To be awarded the VTCT Skills (ITEC) Level 3 Award in Healthy Eating and Well-being for the Complementary Therapy Client, learners must achieve the mandatory unit.

The minimum GLH required for this qualification is 30

The minimum TQT required for this qualification is 60

Table 1

Unit code	Mandatory units	Guided Learning Hours (GLH)	Unit reference number
iUCT29	Healthy eating and wellbeing for the complementary therapy client	30	R/617/4345

Guided Learning Hours (GLH)

Guided Learning Hours is 'the activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training'.

Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification.

Assessment

The assignment and underpinning knowledge must be completed and assessed by the lecturer/assessor.

This portfolio of evidence containing performance evidence and assignments may also be verified by an external quality assurer who will sample learners' work.

Table 2

Unit code	Mandatory units	Assessment	Grading
iUCT29	Healthy eating and wellbeing for the complementary therapy client	Portfolio of evidence – Assignment	Pass/Refer

Unit specifications and additional supporting material for this qualification can be found on the iTEC website.

Grading of the qualification

Learners must achieve a Pass grade in the requisite number of units as specified in the rules of combination, see Table 1 above.

The overall qualification is graded Pass/Fail.

Portfolio of evidence

Learners are required to provide a portfolio of evidence containing assignments under the supervision of the lecturer who will monitor the quality of the assignments in order to ensure that they meet the criteria.

- The criteria are detailed on the assignment guidance forms and form part of the internal assessment for the qualification

Quality assurance

Delivery of the qualification

A scheme of work must be approved by VTCT Skills (ITEC) for all units prior to the commencement of the course.

Delivery of the qualification will encompass all of the assessment criteria, learning outcomes and underpinning knowledge identified by VTCT Skills (ITEC) in the design of the qualification.

Centre resources

The organisation delivering the qualification must provide a suitable classroom environment for teaching the VTCT Skills (ITEC) Level 3 Award in Healthy Eating and Well-being for the Complementary Therapy Client.

Achievement record

All units will require an Achievement Record to be completed by the lecturer for each learner. This achievement record will need to be kept by the centre and may be sampled by the external examiner or external quality assurer on their visit.

An Achievement Record for each unit can be downloaded from the iTEC website.

Document History

Version	Issue Date	Changes	Role
v0.3	14/05/2019	Draft version published to inform centres prior to September launch.	Systems Integration Team
v1.0	13/09/2019	First published	Head of Qualifications and Processing
v2.0	01/01/2025	New branding	Qualifications Administrator