
Qualification Specification

iCT3C3 - VTCT Skills (ITEC) Level 3 Certificate in Diet
and Nutrition for Complementary Therapists

603/4082/4

About VTCT Skills

VTCT Skills is a market-leading specialist vocational and technical Awarding Organisation.

We offer a comprehensive range of qualifications, assessments and services in 17 sectors, including Hairdressing, Beauty, Logistics and Early Years. Working closely with employers and training providers, our ranges are backed by industry and trusted around the world.

With over 3,000 training locations, we help over 120,000 learners achieve professional skills that transform their lives, every year.

For more information, please visit our website or contact our dedicated Customer Support Team via email; customersupport@vtctskills.org.uk or call +44 (0)23 8068 4500.

www.vtctskills.org.uk.

Qualification at a glance

Qualification title	VTCT Skills (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists
Qualification number	603/4082/4
Product code	iCT3C3
First registration date	01/10/2019
Age range	16-18, 19+
Total Qualification Time (TQT)	230
Guided Learning (GL) hours	100
Assessment	To be awarded this qualification, learners must successfully achieve the following assessments: • External theory examination • Portfolio of evidence containing - Client consultations
Grading	Pass/Merit/Distinction
Entry requirements	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. It is recommended that learners must hold a Level 2 Diploma in a Complementary Therapy or Level 3 Diploma in Body Treatments or equivalent

About this qualification

Aims and objectives

The main aim of the VTCT Skills (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists is to enable learners to gain the necessary theoretical skills in order to provide healthy eating advice to the general public and to gain employment in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 3.

Content

This qualification is for learners who want to work within the complementary therapy industry. The qualification consists of 1 mandatory unit with a total of 100 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

- Diet and nutrition – to include dietary requirements such as; roles of carbohydrates, protein, fibre, vitamins, nutritional value of foods, effects of antioxidant and common ailments

The learner will also learn about related health and safety and client care and communication which is essential in order to work and be successful in the industry.

This qualification also provides:

- The related knowledge and understanding required to perform the healthy eating skills listed above effectively in particular the dietary requirements and common diseases and disorders
- Opportunities for learners to focus on the development of their wider skills in a dietary advice 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 healthy eating adviser

Opportunities for progression

Once learners have achieved the VTCT Skills (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists they may progress on to other VTCT Skills 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 Sports Massage
- Level 3 Diploma in Indian Head Massage
- Level 3 Certificate in Stone Therapy Massage
- Level 4 Certificate in Sports Massage
- Level 4 Diploma in Spa and Salon Management

Opportunities for employment

There are opportunities for a healthy eating adviser to find employment in a variety of areas:

- Beauty salons

- Hotels
- Health clubs
- Spas
- Own business
- Cruise liners
- Complementary therapy 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 healthy eating adviser at level 3.

Qualification structure

To be awarded the VTCT Skills (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists, learners must achieve all mandatory units.

The minimum GLH required to achieve this qualification is 100

The minimum TQT required to achieve this qualification is 230

Table 1

Unit code	Mandatory units	Guided Learning Hours (GLH)	Unit reference number
iUCT41	Diet and nutrition for complementary therapists	100	R/617/4362

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

All external theory examinations, client consultations and underpinning knowledge must be completed and assessed by the lecturer/assessor.

This portfolio of evidence containing the client consultations may also be verified by an external quality assurer who will sample learners' work.

Table 2

Unit code	Mandatory units	Assessment	Grading
iUCT41	Diet and nutrition for complementary therapists	MCQ	Pass 60%-74% Merit 75%-89% Distinction 90%-100%
		Portfolio of evidence – 5 clients consulted	Pass/Refer

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

Grading of the qualification

Learners must achieve a Pass grade or higher in the requisite number of units as specified in the rules of combination, see Table 1 above. Only mandatory units which are graded Pass/Merit/Distinction will contribute to the overall grade.

Theory examinations will be graded Pass/Merit/Distinction.

Portfolio of evidence containing the following will be graded Pass/Fail:

- Client consultations

The overall qualification is graded Pass/Merit/Distinction.

Grade boundaries for units and the overall calculation for the qualification grade are open to annual review. Following this review, these boundaries and overall calculations can be adjusted by VTCT Skills. This review and possible change within a qualification are to ensure the standard of the qualification grade is upheld throughout the qualification's lifecycle.

Theory examination

All theory tests must be conducted in a controlled environment and follow the procedures defined by VTCT Skills. The theory tests will be set and marked by VTCT Skills. The centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined in the 'Instructions for Conducting Examinations' which can be found on the VTCT Skills website.

Portfolio of evidence

Learners are required to provide a portfolio of evidence containing evidence of treatments and/or case studies that they have performed on clients during their training under the supervision of the lecturer who will monitor the quality of the treatments in order to ensure that they meet the criteria.

- The learner will need to complete a client consultation form as evidence that they performed the required number of consultations during their training (see Table 1) as they form the internal assessment for the qualification. They can be stored in the learner's portfolio

Quality assurance

Delivery of the qualification

A scheme of work must be approved by VTCT Skills 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 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 Certificate in Diet and Nutrition for Complementary Therapists.

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 VTCT Skills 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	03/12/2019	Added grade boundary review	Qualifications Administrator
v3.0	14/11/2024	New branding title	Qualification Administrator
v4.0	17/07/2026	Rebranding	Development Administrator