

## Both pathways

### *What is Health and Fitness about?*

This qualification is designed for learners with an interest in any of the health and fitness contexts such as exercise, lifestyles and diet. This course is appropriate for learners who are looking to develop a significant core of knowledge and understanding, and want to apply that knowledge in preparing, planning and developing a health and fitness programme.

### *Course Content:*

#### **Unit 01 - Introduction to body systems and principles of training in health and fitness**

Pupils will understand the main components of fitness and the principles of training. They will look at the benefits and the effects of exercise on the body's system.

#### **Unit 02 - Preparing and planning for health and fitness**

Learners will know and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. Learners will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities.

### *Assessment:*

The NCFE Level 1/2 Technical Award in Health and Fitness complements GCSE qualifications. This qualification is designed to match the rigour and challenge of GCSE study. The qualification is graded at Level 1 Pass / Merit / Distinction / Distinction\* and Level 2 Pass / Merit / Distinction / Distinction\* (equivalent to GCSE grades 8.5-1).

**Unit 01:** Externally assessed 1 ½ hour exam. 40%

**Unit 02:** Internally assessed synoptic project. 60%

### *Trips, Resources and other opportunities: (subject to Covid-19 regulations).*

- Trips to local leisure facilities.
- School visits from athletes and personal trainers
- Fitness workshops and conferences

### *Possible Future Careers:*

Learners who achieve this qualification could progress onto further Level 3 qualifications and A Levels, such as:

- A Level in Physical Education
- Diploma in Exercise, Health and Fitness Studies

It may also be useful to those looking to peruse a career in the following subjects: sport, nutrition and exercise.

**Subject Leader:** Helen Ferguson

### *Exam Board:*

<b>Subject:</b>	<b>Board:</b>	<b>Syllabus Code:</b>	<b>Examination/NEA/Coursework</b>
Health & Fitness V-Cert Technical Award	NCFE	N/A	Exam 40% Coursework 60%