

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:

There are 8 key content areas covering the following topics:

- develop a broad understanding of the structure and function of body systems
- identify the effects of health and fitness activities on the body
- understand health and fitness and the components of fitness
- apply the principles of training
- understand the impact of lifestyle on health and fitness
- test and develop components of fitness
- apply health and fitness analysis and set goals
- plan, develop and take part in a health and fitness programme and understand how to prepare safely

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).

Externally assessment: 1 ½ hour exam. 40% of overall grade.

Internally assessed synoptic project (NEA – Non-examined assessment). 60% of overall grade.

Trips, Resources and other opportunities:

- 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:

- sport studies
- sport and exercise science
- personal training
- A Level Physical Education

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

Subject Leader: Luke Andrew

Exam Board:

<i>Subject:</i>	<i>Board:</i>	<i>Syllabus Code:</i>	<i>Examination/NEA/Coursework</i>
Health & Fitness Level ½ Technical Award	NCFE	N/A	Exam 40% Coursework 60%