

PHYSICAL EDUCATION : HEALTH AND FITNESS (NCFE Level 1 / Level 2 Technical Award)

Examination Board

NCFE

Overview of the course:

This course is aimed at students interested in any of the health and fitness contexts such as exercise, lifestyles and diet. The qualification focuses on an applied study of the health and fitness sector and learners will gain a broad knowledge and understanding of working in the sector. This course is appropriate for students who are motivated and challenged by learning through hands-on experiences and through content which is concrete and related directly to those experiences. The course is appropriate for learners who are looking to apply their knowledge in preparing, planning and developing a health and fitness programme. In terms of entry into further education, this qualification is of equal point's value to all other GCSE options available.

This course will enable you to

- explore the functions of the main body systems
- use different training techniques and methods and discover the importance of diet and nutrition
- prepare and plan a health and fitness plan
- evaluate a health and fitness plan
- carry out fitness tests
- build up a qualification by studying individual units

Course content

Students must complete all units successfully to gain this qualification.

Unit 1 Introduction to body systems and principles of training in health and fitness

This unit provides learners with the underpinning knowledge and understanding required for health and fitness. Learners will develop their knowledge and understanding of the structure and function of key body systems. Learners will know and understand the short- and long term effects that health and fitness activities can have on the body. Learners will know and understand the components of fitness and the principles of training.

Unit 2 Preparing and planning for health and fitness (M/616/7094)

This unit provides learners with the knowledge and understanding to be able to prepare and plan 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.

How you will be assessed

Unit	Assessment and duration	Percentage of overall result
1	External examination taken at the end of the course	40%
2	Internally assessed coursework assignments taken throughout the course	60%

Students who successfully complete this course will be awarded a Level 1 / Level 2 Technical Award in Health and Fitness graded Pass – Distinction*

NFER Grade	Level 1 Pass	Level 1 Merit	Level 1 Distinction	Level 2 Pass	Level 2 Merit	Level 2 Distinction	Level 2 Distinction*
GCSE Equivalent	Grades 1-3			Grades 4 – 8.5			

Post-16 courses available

Students with a qualification in health and fitness have the option to either learn more about the subject, with more advanced courses such as BTEC National level 3 Sport (2-A-levels) and A Level Physical Education or use the qualification as entry to all courses at colleges and Sixth Forms.

Examples of careers available in the health and fitness industry

Gym/fitness instructor, exercise to music instructor, aqua instructor, physical activity instructor for children, health trainer, leisure centre assistant, swimming teacher or coach, outdoor activities instructor, nutritional therapist and personal trainer