

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