

just the facts.

NCFE Level 1/2 Technical Award in Health and Fitness

(603/2650/5)

V Certs are a suite of high quality technical qualifications which are appropriate for Key Stage 4 learners who are motivated and challenged by learning through hands-on practical content. They are a technical alternative to GCSEs with equivalent levels of rigour and challenge.

The NCFE Level 1/2 Technical Award in Health and Fitness is designed to provide learners with the skills, knowledge and understanding of the applied study of good health and fitness practices and an understanding of working in the sector.

What will your learners learn?

Your learners will gain a broad understanding of Health and Fitness including the following:

- the principles of training and FITT
- how physical activities affect the body in the short and long term
- how relevant fitness test can be used for specific health and skill components of fitness
- different lifestyle analysis tools and how to apply them
- creating a health and fitness programme

Remember:
V Certs feature
in Progress 8

Qualification Overview

Qualification Title	NCFE Level 1/2 Technical Award in Health and Fitness
Qualification number (QN)	(603/2650/5)
Total Qualification Time (TQT)	157
Guided Learning Hours (GLH)	120 plus 1 hour 30 minutes for the external assessment
Performance Tables	2020

Qualification structure and how to achieve

To be awarded NCFE Level 1/2 Technical Award in Health and Fitness, learners are required to successfully complete two mandatory units. Learners must also achieve a minimum of a 'Level 1 Pass' in the internal and external assessments.

Unit 01	Introduction to body systems and principles of training in health and fitness			
	48 GLH	40% Weighting	Externally Assessed: Written Examination (externally marked)	Unit Grades: NYA, L1P, L1M, L1D, L2P, L2M, L2D
Unit 02	Preparing and planning for health and fitness			
	72 GLH	60% Weighting	Internally Assessed: Synoptic Project (externally quality assured)	Unit Grades: NYA, L1P, L1M, L1D, L2P, L2M, L2D
TOTAL	120 GLH	100%	Overall Qualification Grades: NYA, L1P, L1M, L1D, L1D*, L2P, L2M, L2D, L2D*	

Extras

With an NCFE V Cert, you also have access to some great supporting materials such as:

- sample assessment & mark schemes
- sample internal assessments
- sample portfolios of learner work
- teaching and delivery packs
- career cards.

What's next?

Depending on the grade the learner achieves in this qualification, they could progress to:

- a GCSE in Physical Education
- A Level in Physical Education and Sport
- Level 2 Technical Certificate in Sport & Physical Activity
- Level 3 Applied General in Sport Studies
- Level 3 Technical Level in Sport & Physical Activity
- Apprenticeships in occupations within the Health & Fitness sectors such as Health Assistants, Fitness Instructors or Personal Trainers.

It may also be suitable to learners studying qualifications in the following areas:

- food preparation and nutrition
- maths
- English
- science.

Why choose NCFE?



Our qualifications

We work with schools, colleges and employers to ensure our qualifications meet the needs of learners and are fit for purpose.



Supported by employers

Our qualifications are supported by employers.



Our customer commitment

We're the only Awarding Organisation to have been included in the Top 50 Companies for Customer Service for 3 consecutive years.