



Health & Fitness

(V CERT)



Teacher Contact: Mr Holt

Why study Health and Fitness?

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

The NCFE Level 1/2 Certificate in Health and Fitness is designed to provide students 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 key knowledge, concepts and skills will I learn about?

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

What qualities are required to do well?

- Independent learning skills
- Communication skills
- Teamwork skills

How will I be assessed?

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

Which other subjects link into this course?

- Food, preparation and nutrition
- Maths
- English
- Science

What career options are open to me?

V Cert Health and Fitness can help a student to progress to courses that could lead to careers in:

- Teaching
- Sport
- Nutrition
- Exercise

For more information you might like to visit:

<https://www.ncfe.org.uk/schools/subject-areas/health-and-fitness/>