

# just the facts.

## NCFE Level 1/2 Technical Award in Health and Fitness

(603/2650/5)

V Cert Technical Awards are a suite of high quality technical qualifications which are appropriate for Key Stage 4 learners. They are a technical alternative to GCSEs with equivalent levels of rigour and challenge.

The **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.

### Qualification content

Throughout this qualification, your learners will gain valuable knowledge of:

- 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	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, 2021 & 2022

## Qualification structure and how to achieve

To be awarded **Level 1/2 Technical Award in Health and Fitness**, learners are required to successfully complete 2 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: <b>Written Examination</b> (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: <b>Synoptic Project</b> (externally quality assured)	Unit Grades: NYA, L1P, L1M, L1D, L2P, L2M, L2D
<b>TOTAL</b>	120 GLH	100%	<b>Overall Qualification Grades:</b> NYA, L1P, L1M, L1D, L1D*, L2P, L2M, L2D, L2D*	

## Extras

You'll 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 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

You'll have access to support from our award-winning customer service team throughout your delivery.