



Level 1/2 Technical Award in

Health and Fitness

Our V Certs are designed in collaboration with employers to ensure they equip individuals with the skills the workforce needs.

They empower pupils with industry-relevant skills and knowledge appropriate to a range of growing sectors.

V Certs are combined Level 1 and Level 2, to recognise the achievements of pupils of all abilities. They're graded from Level 1 Pass, Merit, Distinction, through to Level 2 Pass, Merit, Distinction, Distinction*, which is the equivalent to GCSE grades 8.5-1.

Health and Fitness

Our Health and Fitness V Cert provides core knowledge to pupils who are passionate about fitness and performance – from the structure and function of body systems and the effects of health and fitness activities on the body, through to the principles of training and how to structure a health and fitness programme.

What's next?

Further study: an A Level in Physical Education and Sport or an Applied General in Sport at college or sixth form.

Apprenticeship: as a personal trainer or community sport and health officer.