Qualification factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 1/2 Technical Award in Health and Fitness		
Qualification number (QN)	603/7007/5		
Total qualification time (TQT)	160	**Guided learning hours (GLH)**	146
Entry requirements	There are no specific prior skills/knowledge a learner must have for this qualification.		

About this qualification

The Level 1/2 Technical Award in Health and Fitness is designed for learners who want an introduction to health and fitness that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the health and fitness sector or progress onto further study.

The NCFE Active IQ Level 1/2 Technical Award in Health and Fitness (603/7007/5) complements GCSE qualifications. It is aimed at 14 to 16 year olds studying key stage 4 (KS4) curriculum who are interested in the health and fitness sector. This qualification is designed to match the rigour and challenge of GCSE study. The qualification is graded at level 1 pass, merit, distinction and level 2 pass, merit, distinction and distinction* (equivalent to GCSE grades 8.5 to 1).

This qualification is part of a suite of technical award qualifications that have been developed to meet the Department for Education's (DfE's) requirements for high-quality, rigorous qualifications that:

- have appropriate content for the learner to acquire core knowledge and practical skills
- allow the qualification to be graded
- provide synoptic assessment
- enable progression to a range of study and employment opportunities

Qualification structure

To be awarded this qualification, learners are required to successfully demonstrate the knowledge and skills to meet the requirements of all 8 content areas of this qualification.

Content areas

1. Structure and function of body systems
2. Effects of health and fitness activities on the body
3. Health and fitness and the components of fitness
4. Principles of training
5. Testing and developing components of fitness
6. Impact of lifestyle on health and fitness
7. Applying health and fitness analysis and setting goals
8. Structure of a health and fitness programme and how to prepare safely

Assessment

The qualification has **2** assessments externally set by NCFE: **one** non-exam assessment and **one** written examined assessment.

Assessment breakdown		• 1 hour 30 minutes examined assessment • 22 hours non-exam assessment, plus 2 hours of preparation and research time
Non-exam assessment (NEA)	Weighting (60%)	Externally-set, internally marked and externally moderated: • synoptic project
Examined assessment (EA)	Weighting (40%)	Externally set and externally marked: • written exam
Total	100%	Overall qualification grades: L1P, L1M, L1D, L2P, L2M, L2D, L2D*

Progression opportunities

Depending on the grade the learner achieves in this qualification, they could progress to level 2 and level 3 qualifications and/or GCSE/A Levels.

Learners who achieve at level 1 might consider progression to level 2 qualifications post-16, such as:

- GCSE in Physical Education
- study at level 2 in a range of technical routes that have been designed for progression to employment, apprenticeships and further study; examples might include level 2 technical certificates in:
  - sport and physical activity
  - sport and activities leaders
  - exercise and fitness instruction
  - exercise and fitness instruction for wellbeing
  - coaching sport and instructing physical activities
  - physical activity and exercise science

Technical certificate qualifications provide post-16 learners with the knowledge and skills they need for skilled employment or for further technical study.

Learners who achieve at level 2 might consider progression to post-16 level 3 qualifications, such as:

- level 3 applied generals in:
  - sport studies
  - sport and physical activity
  - sports performance and excellence
  - sport and exercise science
- level 3 technical levels in:
  - sport and physical activity
  - personal training
  - personal training and behaviour change
  - fitness services
  - exercise science and personal training
  - personal training for health, fitness and performance
  - physical activity and exercise science
- A Level in Physical Education and Sport (this will support progression to higher education)

Learners could also progress into employment or onto an apprenticeship. The understanding and skills gained through this qualification could be useful to progress onto an apprenticeship in the health and fitness sector through a variety of occupations that are available within the sector, such as health assistants, fitness instructors or personal trainers.

Contact us

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Version 1.2 November 2026
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