

# Health and Fitness

NCFE Level 1/2 Technical Award in Health and Fitness

(603/2650/5)

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

The Level 1/2 Technical Award in Health and Fitness provides learners with the skills, knowledge and understanding of good health and fitness practices and an understanding of working in the sector.

## Qualification content

Your learners will gain valuable knowledge of:

- The principles of training and Frequency, Intensity, Time, and Type (FITT)
- How physical activities affect the body in the short and long term
- How to use relevant fitness tests for specific health and skill components of fitness
- Different lifestyle analysis tools and how to apply them
- Creating a health and fitness programme, mixing techniques to make a multi-track recording
- Sound creation.

## Qualification overview

<b>Qualification Title</b>	Level 1/2 Technical Award in Health and Fitness
<b>Qualification Number (QN)</b>	(603/2650/5)
<b>Total Qualification Time (TQT)</b>	157
<b>Guided Learning Hours (GLH)</b>	120 plus 1 hour 30 minutes for the external assessment
<b>Entry Guidance</b>	2020, 2021 & 2022

## Achievement rates\*

This qualification has a **pass rate of 80%** with **over 20% achieving a distinction**.

\*These statistics refer to data from spring 2019 for schools only.

# Qualification structure and how to achieve

Learners must complete 2 mandatory units to receive the Level 1/2 Technical Award in Health and Fitness. They must also achieve 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*	

## 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



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## 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.



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### Our customer commitment

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### Access to resources

You and your learners will have access to various resources to support learning and course delivery.