



Purpose statement

**NCFE Level 1/2 Technical Award in Health and
Fitness
QN: 603/2650/5**

14-16 Purpose Statement

Who is this qualification for?

This qualification 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 to further study.

The NCFE Level 1/2 Technical Award in Health and Fitness (603/2650/5) complements GCSE qualifications. It is aimed at 14-16 year olds studying Key Stage 4 curriculum who are interested in the health and fitness industry sector. This qualification is designed to match the rigour and challenge of GCSE study. The qualification is graded at Level 1 Pass/Merit/Distinction/Distinction* and Level 2 Pass/Merit/Distinction/Distinction* (equivalent to GCSE grades 8.5-1). More information on grading can be found in the qualification specification in Section 2 (page 11).

This Level 1/2 qualification is appropriate for learners who are looking to develop a significant core of knowledge and understanding in health and fitness and be able to apply their learning.

This qualification has been designed to sit alongside the requirements of core GCSE subjects and is appropriate for learners who are motivated and challenged by learning through hands-on experiences and through content which is concrete and directly related to those experiences.

It is distinct from GCSE Physical Education, as it encourages the learner to use knowledge and practical tools to focus on supporting people with specific health and fitness goals.

The study of health and fitness involves understanding the functions of the body systems, understanding the principles of training, and knowing how the body reacts in the short and long term to fitness activities, how to create and apply lifestyle analysis tools and how to create a fitness programme for a person with specific goals.

The qualification focuses on an applied study of the health and fitness sector and learners will gain a broad understanding and knowledge of working in the sector.

What will the learner study as part of this qualification?

This qualification shows learners how to:

- understand and identify the main body systems and their functions
- understand the principles of training and FITT
- explore how physical activities affect the body in the short and long term
- understand how relevant fitness tests can be used for specific health and skill components of fitness
- understand different lifestyle analysis tools and how to apply them
- create a health and fitness programme.

What knowledge and skills will the learner develop as part of this qualification and how might these be of use and value in further studies?

Learners will develop skills and knowledge:

- in adapting their own ideas and responding to feedback
- in evaluating their own work
- in analysing data and making decisions
- that are essential for the health and fitness sector, such as evaluation skills, responding to data, independent working, working to deadlines and efficient use of resources.

The knowledge and skills gained will provide a secure foundation for careers in the health and fitness industry.

Which subjects will complement this course?

The following GCSE subject areas will complement this qualification by further broadening application of skills in the context of health and fitness:

- food preparation and nutrition
- maths
- English
- science.

This list is not exhaustive and a range of other subject areas may also be appropriate.

This qualification is not part of a subject suite.

Progression opportunities – what could this qualification lead to?

Depending on the grade the learner achieves in this qualification, they could progress onto 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:

- a 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 Level 3 qualifications post-16 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.

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 which are available within the sector, such as Health Assistants, Fitness Instructors or Personal Trainers.

Further information

For more information about the NCFE Level 1/2 Technical Award in Health and Fitness (603/2650/5) please see the support materials tab on the qualification page on the NCFE website.