

NCFE Health and Fitness (Level 2)



The NCFE Level 2 Technical Award in Health and Fitness is designed to provide pupils with the knowledge and understanding of the applied study of good health and fitness practices and an understanding of working in the sector.

It is the equivalent to a GCSE and there are no **practical assessments**.

Your pupils will gain a broad understanding of Health and Fitness including the following:

- the structure and function of body systems
- the effects of health and fitness activities on the body
- health and fitness and the components of fitness
- the principles of training
- the impact of lifestyle on health and fitness
- how to test and develop components of fitness
- how to apply health and fitness analysis and set goals
- the structure of a health and fitness programme and how to prepare safely

Assessment

External exam worth **40%** of the course –

Introduction to body systems and principles of training in health and fitness.

Internally assessed project / synoptic worth **60%** of the course –

Preparing and planning for health and fitness

Progression opportunities - what could this qualification lead to? Depending on the grade the learner achieves in this qualification, they could progress onto Level 3 qualifications and A Levels.

Higher education: sports science; leisure management; sports coaching; teaching.

Careers: coach; leisure manager; teacher; physiotherapist; sports psychologist.

Who do I see to find out more? Mr Jones, Mr Ayres, Miss Smith, Mrs Binns