

NCFE Technical Award in Health and Fitness (PE)



ALSOP HIGH SCHOOL

AIM: 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 onto further study. This qualification aims to:

- focus on the study of the health and fitness sector
- offer breadth and depth of study, incorporating a key core of knowledge
- provide opportunities to acquire a number of practical and technical skills

Where will it take you?

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. 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.

What will you learn?

This qualification will promote the learner's understanding of:

- 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
- testing and developing components of fitness
- health and fitness analysis and setting goals
- planning, developing and taking part in a health and fitness programme and understanding how to prepare safely

What skills will you need to be successful in this subject?

The knowledge and skills gained will provide a secure foundation for careers in the health and fitness industry. Learners will develop the following skills that will inform future training and work in the health and fitness sector:

- decision making
- observation
- resourcefulness
- problem solving
- planning
- evaluation
- reflection
- interpersonal skills
- professional behaviours
- respect and appreciation of others
- an ability to reflect upon their preferred learning style and identify relevant study skills

Successful completion of this qualification will enable learners to progress to level 2 or 3 qualifications in related subjects. The knowledge and skills gained will provide a secure foundation for learners to progress into career opportunities in the health and fitness sector and provide a valuable platform for further study

What does the course look like?

There are two units for this course which are :

- Introduction to Body Systems and Principles of Training in Health and Fitness
- Preparing and Planning for Health and Fitness

For further information please see Mr Solan