

# Health and Fitness

## (NCFE VCert)



The areas of development are:	Solutions
<b>Health and Fitness</b>	
<ul style="list-style-type: none"> <li>• Explaining the terms 'Health' and 'Fitness'</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the benefits of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health and Well-Being</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the health-related components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise 2</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the skill-related components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise 2</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing and demonstrating the tests that measure components of health and skill-related fitness</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise 3</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the principles of training</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">The Principles of Training</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the appropriate methods of training for each of the components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">The Methods and Effects of Training</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the structure and function of the main body system</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Muscular System</a></li> <li>• BBC Bitesize: <a href="#">Skeletal System</a></li> <li>• BBC Bitesize: <a href="#">Cardiovascular System</a></li> <li>• BBC Bitesize: <a href="#">Respiratory System</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the long-term and short-term effects of exercise on the main body systems</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Long and Short term effects of exercise</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing and demonstrating the measures for body composition</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise 3</a></li> </ul>
<ul style="list-style-type: none"> <li>• Assessing the positives and negatives of each fitness test</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise 3</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing the Frequency, Intensity, Time and Type (FITT) principles</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">The Principles of Training</a></li> </ul>
<ul style="list-style-type: none"> <li>• Describing health and fitness goals</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Target Setting</a></li> </ul>
<ul style="list-style-type: none"> <li>• Carrying out and assessing fitness test results against normative data</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Health, Fitness and Exercise 3</a></li> </ul>

<ul style="list-style-type: none"> <li>• Designing and carrying out an individual health and fitness programme using the FIIT principles</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">The Principles of Training</a></li> </ul>
<ul style="list-style-type: none"> <li>• Demonstrating appropriate preparation for the fitness programme</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">The Methods and the Effects of Training 1</a></li> </ul>
<ul style="list-style-type: none"> <li>• Demonstrating the techniques of warm-up and cool down</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">The Methods and the Effects of Training 1</a></li> </ul>
<ul style="list-style-type: none"> <li>• Evaluating the effectiveness of a fitness programme</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Writing a PEP</a></li> </ul>
<ul style="list-style-type: none"> <li>• Amending a fitness programme to improve their personal health and fitness</li> </ul>	<ul style="list-style-type: none"> <li>• BBC Bitesize: <a href="#">Writing a PEP</a></li> </ul>

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