

NCIFE Technical Award

in Health & Fitness

Revision Time table

2023-2024

Learn to succeed

subject: NCFE Award in Health & Fitness

25th March & 1st April1.1.1 Structure of the skeleton1.1.2 Functions of the skeleton1.1.3 Types of bones1.1.4 Types of joints1.1.5 Joint actions1.1.6 Structure of the synovial joint1.1.7 Structure of the synovial joint1.1.8 Posture8th & 15th April1.2 Muscular System1.2 Muscular System1.2.4 Muscle contractions1.2.5 Muscle fibre types1.2.6 Performance of muscle fibres1.3.1 Structure of the respiratory system1.3.2 Functions of the respiratory system1.3.3 Diffusion and gaseous exchange1.3.4 Respiratory measurements1.3.5 Respiratory Changes1.4.1 Structure and function of the blood vessels29th April & 6th May1.4 Cardiovascular System1.5 Energy System1.5 Energy System1.5 Laeobic and Anaerobic energy systems20th & 27th May1.5 Energy System20th & 27th May1.5 Energy System20th & 27th May1.5 Energy System20th & 27th May	W/C	Section	Sub-section
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Tuesday 4th June 2024 (morning) NCFE Level 1/2 Technical Award in Health and Fitness			

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