



NCFE Technical Award

in Health & Fitness

Revision Timetable

2023-2024

Learn to succeed

subject: NCFE Award in Health & Fitness

| W/C  | Section                   | Sub-section                                       |
|--|---------------------------|---|
| 25th March & 1st April   | 1.1 Skeletal System       | 1.1.1 Structure of the skeleton                   |
|  |                           | 1.1.2 Functions of the skeleton                   |
|  |                           | 1.1.3 Types of bones                              |
|  |                           | 1.1.4 Types of joints                             |
|  |                           | 1.1.5 Joint actions                               |
|  |                           | 1.1.6 Structure of the synovial joint             |
|  |                           | 1.1.7 Structure of the spine                      |
|  |                           | 1.1.8 Posture                                     |
| 8th & 15th April   | 1.2 Muscular System       | 1.2.1 Types of muscle                             |
|  |                           | 1.2.2 Structure of the muscular system            |
|  |                           | 1.2.3 Muscle movement                             |
|  |                           | 1.2.4 Muscle contractions                         |
|  |                           | 1.2.5 Muscle fibre types                          |
|  |                           | 1.2.6 Performance of muscle fibres                |
| 15th & 22nd April  | 1.3 Respiratory System    | 1.3.1 Structure of the respiratory system         |
|  |                           | 1.3.2 Functions of the respiratory system         |
|  |                           | 1.3.3 Diffusion and gaseous exchange              |
|  |                           | 1.3.4 Respiratory measurements                    |
|  |                           | 1.3.5 Respiratory Changes                         |
| 29th April & 6th May   | 1.4 Cardiovascular System | 1.4.1 Structure and function of the blood vessels |
|  |                           | 1.4.2 Blood redistribution                        |
|  |                           | 1.4.3 Structure of the heart                      |
|  |                           | 1.4.4 The cardiac cycle                           |
|  |                           | 1.4.5 Cardiac measurements                        |
|  |                           | 1.4.6 Blood pressure                              |
| 13th May   | 1.5 Energy System         | 1.5.1 Aerobic and Anaerobic energy systems        |
| 20th & 27th May  | All topics                |   |
| Tuesday 4th June 2024 (morning) NCFE Level 1/2 Technical Award in Health and Fitness |                           |   |

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