NCFE Level 1/2 Technical Award in Health & Fitness Revision Timetable 2024-25

Learn to succeed

Understanding Health and Fitness		
W/C	**Content Area 1**	**Structure and function of body systems**
Date	**Section**	**Sub-section**
17th February	**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
24th February	**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
3rd March	**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
10th March	**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
17th March	**1.5 Energy System**	1.5.1 Aerobic and Anaerobic energy systems

EXAM DATE: Tuesday 3rd June 2025
Time: 1hour 30minutes
Marks: 80

40% of overall grade

The exam will assess ALL 8 content areas

This paper consists of a mixture of multiple-choice questions, short answers and extended response items.

W/C	Content Area 2	Effects of health and fitness activities on the body
Date	**Section**	**Subsection**
24th March	**2.1 Effects of health and fitness activities on the body**	2.1.1 Short-term effects on health and fitness activities (during and up to 36 hours after)
		2.1.2 Long-term effects on health and fitness activities (over 36 hours and up to months after)

W/C	Content Area 3	Health and fitness and the components of fitness
Date	**Section**	**Sub-Section**
31st March	**3.1 Understanding health and fitness**	
	3.2 Components of fitness	3.2.1 Health-related fitness
		3.2.2 Skill-related fitness

W/C	Content Area 4	Principles of training
Date	**Section**	**Sub-Section**
21st April	**4.1 Principles of training**	4.1.1 Understanding the principles of training
		4.1.2 Principles of overload (FITT)

W/C	Content Area 5	Testing and developing components of fitness
Date	**Section**	**Subsection**
28th April	**5.1 Fitness testing**	5.1.1 Health-related fitness tests
		5.1.2 Skill-related fitness test
		5.1.3 Using data
		5.1.4 Validity and reliability
	5.2 Training methods	
	5.3 Optimizing a health and fitness programme	5.3.1 Heart rate training zones
		5.3.2 Repetitions and sets

W/C	Content Area 6	Impact of lifestyle on health and fitness
Date	**Section**	**Subsection**
5th May	**6.1 Lifestyle factors**	6.1.1 Activity levels
		6.1.2 Diet
		6.1.3 Rest and recovery
		6.1.4 Other factors

W/C	Content Area 7	Applying health and fitness analysis and setting goals
Date	**Section**	**Subsection**
12th May	**7.1 Health and fitness analysis and goal setting**	7.1.1 Health and fitness analysis tools
		7.1.2 Collecting, using, analysing and evaluating data
		7.1.3 Goal setting

W/C	Content Area 8	Structure of a health and fitness programme and how to prepare safely
Date	**Section**	**Subsection**
19th May	**8.1 The structure of a health and fitness training programme**	8.1.1 Components of a health and fitness programme
		8.1.2 Health and safety
		8.1.3 The session plan
		8.1.4 Warm up/cool-down
		8.1.5 Main activity section
		8.1.6 Reviewing the activity session
	8.2 Timescales and goal setting	

EXAM: Tuesday 3rd June 2025