



Option Subject

Health and Fitness

Overview

An understanding of health and fitness can help you progress in a variety of different sectors and job roles; nutrition, personal training, sports therapy.

Students on this course will learn about the elements of a healthy lifestyle. The importance of nutrition and how to plan and deliver a personal fitness programme will form part of the course.

Assessment

Assessment will be through continuous assignments taught through lessons, practical activities, presentations and coursework.

Yr 9 Foundation:

Preparation for Level 1/2 course

Yr 10-11 Progression:

NCFE Level 1/2 Certificate Health and Fitness

Prince's Trust Certificate in Personal Development and Employability

Additional Qualifications:

Shallow Pool Rescue Award

Basic First Aid

Post 16 Progression

If you choose to study health and fitness, there are a number of routes you can take to