

Sport-NCFE Level 1/2 Technical Award in Health & Fitness

Course outline and assessment

This course is for people who have an interest in sport, health and fitness. Lessons are mainly classroom based with some practical activities.

You will learn about the body, types of fitness, training, fitness testing, lifestyle, and goal setting. You will also learn how to create and deliver an exercise programme; it will help you to understand how to specifically improve someone's health and fitness.

You will have two assessments in Year 11: a piece of coursework worth 60% of your overall mark and an exam worth 40% of your overall mark.

What will I learn/skills will I develop?

- How your body works during exercise.
- How to test someone's health and fitness.
- How to improve an individual's fitness.

What subjects does it link to?

- Science

What opportunities does this give me?

- Sports Coach
- PE Teacher
- Fitness Instructor
- Physiotherapist
- Personal Trainer

