

Subject: Level 1/2 Technical Award in Health and Fitness (NCFE)



City of Norwich School
An Ormiston Academy | Excellence in all

Teacher responsible for the subject: Mrs Knight/Mr Lee

Contact email address: a.knight@cns-school.org/p.lee@cns-school.org

This course covers:

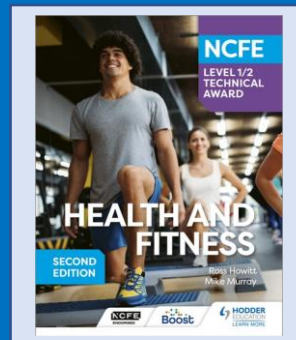
YEAR 1:

- Structure and function of body systems
- Effects of health and fitness activities on the body
- Health and fitness and the components of fitness
- Principles of training
- Fitness testing and developing components of fitness
- Impact of lifestyle on health and fitness
- Applying health and fitness analysis and setting goals
- Structure of a health and fitness programme and how to prepare safely

YEAR 2:

- Planning and execution of synoptic project

Core Textbook:



NCFE Level 1/2 Technical Award in Health & Fitness, second edition, Ross Howitt & Mike Murray, Hodder Education.
ISBN – 978-1-3983-6901-6

The teachers say: “We love teaching this course because:

- The mix of exam based theory and written coursework is a great balance for students. With 60% of the final mark coming from the synoptic project this will really suit some students

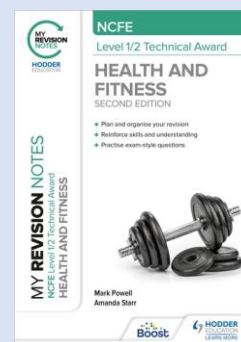
The students say: “We enjoy this course because:

- I want to have a career in the fitness industry and this was the perfect course for this
- I really enjoy fitness and learning about the theory behind it

Our recommended Revision Resources:

GCSE Bitesize -
<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

Revision Guide –
My Revision Notes: NCFE Level 1/2 Technical Award in Health and Fitness, Second edition.



What future pathways might be open to me if I study Health and Fitness ?

Level 3 qualifications in:

- Sport and Physical Activity
- Sport Studies
- Sports Performance and Excellence
- Sport and Exercise Science

Level 3 Technical Levels in

- Sport and Physical Activity
- Personal Training
- Personal Training and Behaviour Change
- Fitness Services
- Exercise Science and Personal Training
- Personal Training for Health, Fitness and Performance
- Physical Activity and Exercise Science

A – level PE, Sports Coaching, Sport and recreation management, physiotherapy, sports Science.

