

Health and Fitness

NCFE Level 1/2 Technical Award in Health and Fitness

(603/2650/5)

V Cert Technical Awards are quality technical qualifications which are appropriate for Key Stage 4 learners. They're a technical alternative to GCSEs with equal levels of rigour and challenge.

The Level 1/2 Technical Award in Health and Fitness provides learners with the skills, knowledge and understanding of good health and fitness practices and an understanding of working in the sector.

Qualification content

Your learners will gain valuable knowledge of:

- The principles of training and Frequency, Intensity, Time, and Type (FITT)
- How physical activities affect the body in the short and long term
- How to use relevant fitness tests for specific health and skill components of fitness
- Different lifestyle analysis tools and how to apply them
- Creating a health and fitness programme, mixing techniques to make a multi-track recording
- Sound creation.

Qualification overview

Qualification Title	Level 1/2 Technical Award in Health and Fitness
Qualification Number (QN)	(603/2650/5)
Total Qualification Time (TQT)	157
Guided Learning Hours (GLH)	120 plus 1 hour 30 minutes for the external assessment
Entry Guidance	2020, 2021 & 2022

Achievement rates*

This qualification has a **pass rate of 80%** with **over 20% achieving a distinction**.

*These statistics refer to data from spring 2019 for schools only.

Qualification structure and how to achieve

Learners must complete 2 mandatory units to receive the Level 1/2 Technical Award in Health and Fitness. They must also achieve a Level 1 pass in the internal and external assessments.

Unit 01	Introduction to body systems and principles of training in health and fitness			
	48 GLH	40% Weighting	Externally Assessed: Written Examination (externally marked)	Unit Grades: NYA, L1P, L1M, L1D, L2P, L2M, L2D
Unit 02	Preparing and planning for health and fitness			
	72 GLH	60% Weighting	Internally Assessed: Synoptic Project (externally quality assured)	Unit Grades: NYA, L1P, L1M, L1D, L2P, L2M, L2D
TOTAL	120 GLH	100%	Overall Qualification Grades: NYA, L1P, L1M, L1D, L1D*, L2P, L2M, L2D, L2D*	

What's next?

Depending on the grade the learner achieves in this qualification, they could progress to:

- A Level in Physical Education and Sport
- Level 2 Technical Certificate in Sport & Physical Activity
- Level 3 Applied General in Sport Studies
- Level 3 Technical Level in Sport & Physical Activity
- Apprenticeships in occupations within the Health & Fitness sectors such as Health Assistants, Fitness Instructors or Personal Trainers.

It may also be suitable to learners studying qualifications in the following areas:

- Food preparation and nutrition
- Maths
- English
- Science



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Our qualifications

We work with schools, colleges and employers to ensure our qualifications meet the needs of learners and are fit for purpose.



Supported by employers

Employers support our qualifications.



Our customer commitment

You'll have access to support from our award-winning customer service team throughout your delivery.



Access to resources

You and your learners will have access to various resources to support learning and course delivery.