

ETC.

V Cert Teacher Pack

Health and Fitness

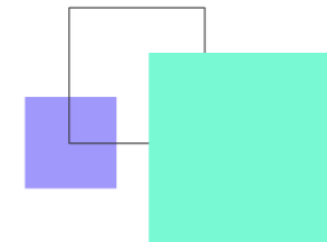


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FUTURE OF
LEARNING

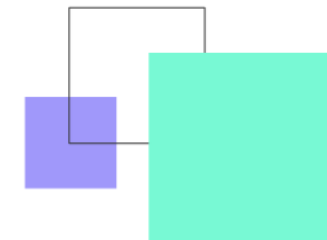
Qualification overview



Qualification structure and content

Qualification Title		NCFE Level 1/2 Technical Award in Health and Fitness
Qualification Number		603/7007/5
Level		Combined Level 1/2
Guided Learning Hours (GLH)		146 GLH including 120 hours delivery, 1 hour 30 minutes examined assessment and 22 hours non-exam assessment plus 2 hours preparation and research time.
Non-exam assessment (NEA)	Weighting (60%)	Externally-set, internally marked and externally moderated: <ul style="list-style-type: none"> synoptic project
Examined assessment (EA)	Weighting (40%)	Externally-set and externally marked: <ul style="list-style-type: none"> written exam
Total	100%	Overall qualification grades: L1P, L1M, L1D, L2P, L2M, L2D, L2D*

Content Area		GLH
1	Structure and function of body systems	25
2	Effects of health and fitness activities on the body	5
3	Health and fitness and the components of fitness	10
4	Principles of training	10
5	Testing and developing components of fitness	25
6	Impact of lifestyle on health and fitness	10
7	Applying health and fitness analysis and setting goals	10
8	Structure of a health and fitness programme and how to prepare safely	25

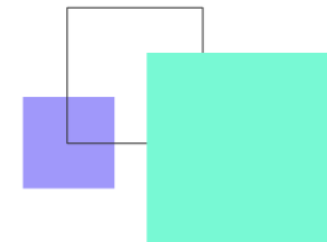


Delivery model

- Level 1/2 combined to recognise the achievements of all learners.
- Count towards the open group of your progress 8 measures.
- Single unit structure with 120 hours delivery plus assessment time
- 1x non-exam assessment (NEA) and 1x examined assessment (EA).
- Graded Level 1 Pass to Level 2 Distinction*.
- First year for delivery of the content and the second year for assessments.

L2 Distinction*	8.5
L2 Distinction	7
L2 Merit	5.5
L2 Pass	4
L1 Distinction	3
L1 Merit	2
L1 Pass	1.25

V Cert structure											
Year 1											
September	October	November	December	January	February	March	April	May	June	July	August
Delivery											
Year 2											
September	October	November	December	January	February	March	April	May	June	July	August
NEA brief released	Delivery			NEA delivery				Examined assessment		Certification	



Assessment objectives

AO1	Recall knowledge and show understanding The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding.
AO2	Apply knowledge and understanding The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations.
AO3	Analyse and evaluate knowledge and understanding The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions.
AO4	Demonstrate and apply relevant technical skills, techniques and processes The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector by applying the appropriate processes, tools and techniques.
AO5	Analyse and evaluate the demonstration of relevant technical skills, techniques and processes The emphasis here is for learners to analyse and evaluate the essential technical skills, processes, tools and techniques relevant to the vocational sector.

Key documentation

Key links to support teaching

[NCFE V Cert page](#)

[Qualification page](#)

[Specification](#)

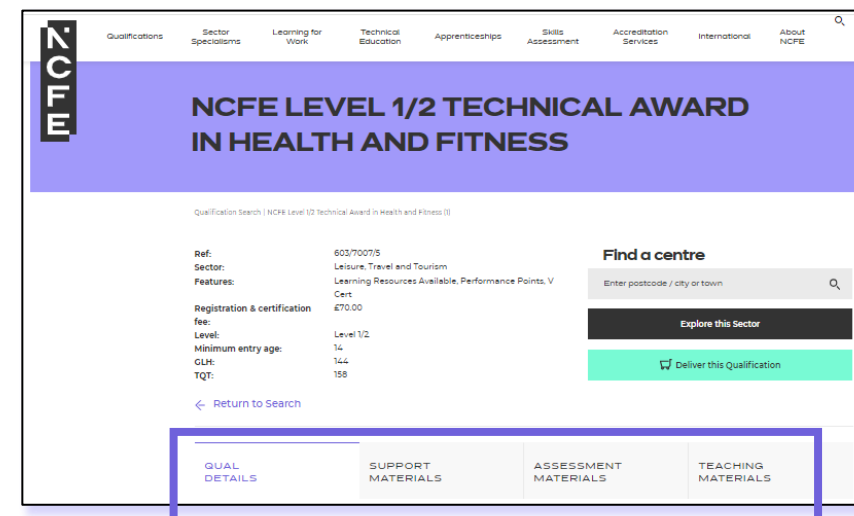
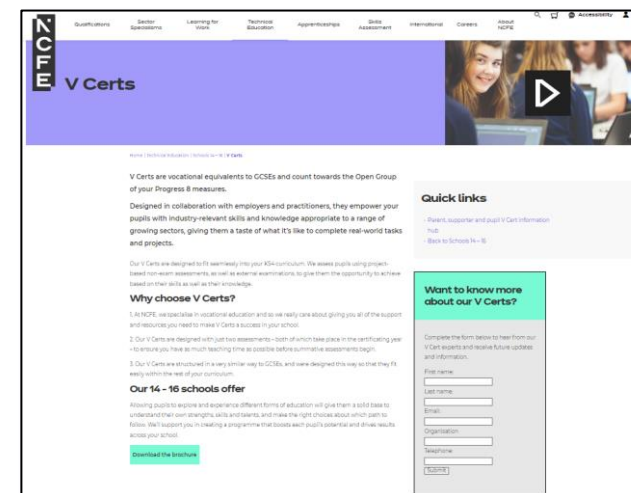
[Teaching materials and synoptic connections](#)

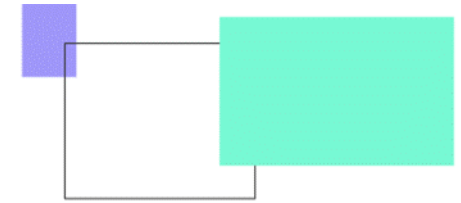
[Sample non-exam assessment and mark scheme](#)

[Band 4 NEA exemplar and Band 2 NEA exemplar](#)

[Tutor guidance](#)

[Sample examined assessment and mark scheme](#)





Additional links to support delivery

[Delivery support](#)

[Assessment support](#)

[External assessment timetable](#) and [Portal User Guide](#)

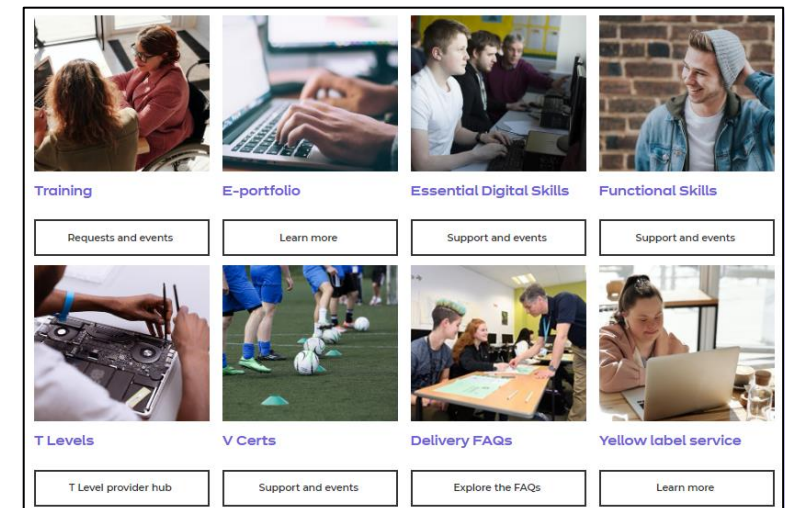
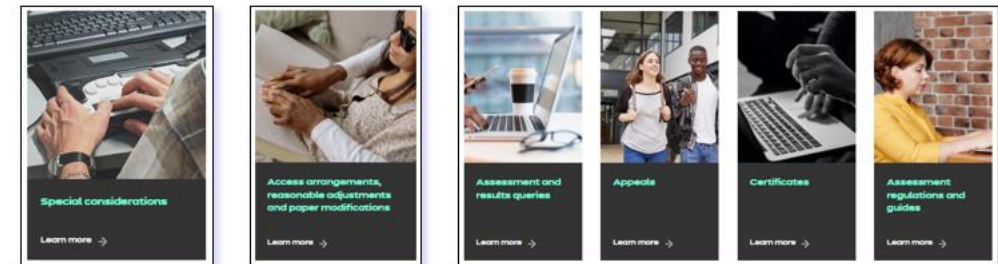
[V Cert EA online demo tool](#)

[Customer and learner support](#)

[Preparing for quality assurance reviews](#)

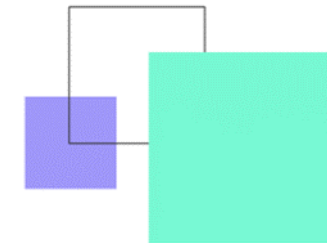
[Internal quality assurance training](#)

[V Cert FAQ's](#)



NCFE

YouTub e V Cert playlist



Access on demand video links

Bitesize Introduction to Health and Fitness

Prepare to Teach Year 1 – Curriculum Planning

V Cert Online Assessment and Surpass

Prepare to Teach Year 2 – Assessment Preparation

Exam Techniques and Revision Strategies

Preparing for a Career and Work Experience Opportunities

V Cert playlist:

www.youtube.com/@NcfeOrgU
[k/playlists](#)

**Recorded and On-Demand Resource
Evaluation 2023/2024 Session**



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