

NCFE LEVEL 1/2 TECHNICAL AWARD IN HEALTH AND FITNESS PHYSICAL EDUCATION (603/2650/5)



Full course details can be found at www.qualhub.co.uk

Course Choice Guide

Literacy	☆	☆	☆	☆	
Numeracy	☆	☆			
Creativity	☆	☆	☆		
Communications	☆	☆	☆	☆	
Practical	☆	☆	☆		
Group Work	☆	☆	☆	☆	

Teaching, Learning & Assessment

Examinations (1 x 1.5hours)	40%
Synoptic Project (21 hours)	60%

VISION OF DEPARTMENT

The Warblington School Physical Education Department strives to develop healthy habits to promote life-long participation in physical activity and sport.

SUMMARY OF COURSE

The study of health and fitness involves understanding the functions of the body systems, understanding the principles of training and knowing how the body reacts in the short and long term to fitness activities. Students will also learn how to create and apply lifestyle analysis tools and how to implement a fitness programme for a person with specific goals. The qualification focuses on an applied study of the health and fitness sector through hands-on experiences.

WHAT IT CAN LEAD TO AT COLLEGE AND BEYOND

This qualification will appeal to students who wish to pursue a career in the health and fitness sector or progress to further study. The NCFE Level 1/2 Technical Award in Health and Fitness is designed to match the rigour of GCSE PE and complements other KS4 qualifications, particularly Biology. Successfully completing this course will enable students to follow a career path in various fields such as physiotherapy, teaching or nutrition.

EXTRA-CURRICULAR COMMITMENT, ENTRY REQUIREMENTS AND ADDITIONAL INFORMATION

Students will be expected to undertake independent review and revision of the topics studied throughout the course, using the knowledge organisers supplied at the beginning of each half term. Homework for theoretical components will be regular and build upon content delivered in lessons. Students will be required to attend Period 6 when available. This course requires learners to have a keen interest in Physical Education and Sport. Pupils must readily engage in both theory and practical learning environments, demonstrating a desire to develop knowledge further. It would be very beneficial for students to be regularly active outside of school hours.

FOR MORE INFORMATION, PLEASE CONTACT MR CHAPLIN OR MRS GRIFFIN