

# NCFE LEVEL 1/2 TECHNICAL AWARD IN HEALTH AND FITNESS PHYSICAL EDUCATION (603/7007/5)



See our course here [PE PowerPoint 2024.pptx](#)

Full course details can be found at [www.qualhub.co.uk](http://www.qualhub.co.uk)

## Course Choice Guide

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

## Teaching, Learning & Assessment

Synoptic Project (22 hours)	<b>60%</b>
Written Exam (1.5 hours)	<b>40%</b>

## VISION OF DEPARTMENT

The Physical Education department strives to develop healthy habits to promote life-long participation in physical activity and sport. The PE curriculum endeavours to engage learners, providing a platform to develop skills and values fostered through physical activity, such as fairness and respect. We aim to provide a positive learning experience to inspire future generations to fulfil an active healthy lifestyle.

## SUMMARY OF COURSE

By studying the NCFE Health and Fitness qualification, students will develop their knowledge of the structure and function of the body systems. Students will learn about the short and long term effects of exercise and how lifestyle factors can influence this. A requirement of the course is for students to create and apply lifestyle analysis tools prior to implementing a fitness programme for a client with specific goals. Within this, students will understand health and skill related components of fitness and apply principles of training to optimise performance in health and fitness activities. 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 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

This course requires learners to have a keen interest in health and fitness. Students must readily engage in practical learning environments in order to apply knowledge developed in the classroom. An expectation of all students will be to independently revise the topics studied throughout the course and attend period 6 when provided.

FOR MORE INFORMATION, PLEASE CONTACT MRS GRIFFIN, MISS THOMAS, MR BRADSHAW OR MR POWELL