

# just the facts.

## NCFE Level 1/2 Technical Award in Health and Fitness

(603/2650/5)

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

The **Level 1/2 Technical Award in Health and Fitness** is designed to provide learners with the skills, knowledge and understanding of the applied study of good health and fitness practices and an understanding of working in the sector.

### Qualification content

Throughout this qualification, your learners will gain valuable knowledge of:

- the principles of training and FITT
- how physical activities affect the body in the short and long term
- how relevant fitness test can be used for specific health and skill components of fitness
- different lifestyle analysis tools and how to apply them
- creating a health and fitness programme.

**Remember:**  
V Certs feature  
in Progress 8

### 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 |
| Performance Tables             | 2020, 2021 & 2022                                      |

## Qualification structure and how to achieve

To be awarded **Level 1/2 Technical Award in Health and Fitness**, learners are required to successfully complete 2 mandatory units. Learners must also achieve a minimum of 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:<br><b>Written Examination</b><br>(externally marked)             | Unit Grades: NYA, L1P,<br>L1M, L1D, L2P, L2M, L2D |
| Unit 02      | Preparing and planning for health and fitness                                 |               |   |   |
|              | 72 GLH  | 60% Weighting | Internally Assessed:<br><b>Synoptic Project</b><br>(externally quality assured)       | Unit Grades: NYA, L1P,<br>L1M, L1D, L2P, L2M, L2D |
| <b>TOTAL</b> | 120 GLH   | 100%          | <b>Overall Qualification Grades:</b><br>NYA, L1P, L1M, L1D, L1D*, L2P, L2M, L2D, L2D* |   |

## 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.

## 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.

## Why choose NCFE?

