

**NCFE Level 1 Certificate in Health and Fitness (601/4662/X)**

**Statement of authenticity**

Learner name:

Learner number:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

Internal Moderator (IM)\*: Date:

External Moderator (EM)\*: Date:

\* For completion if part, or all, of the evidence has been sampled by the Internal and/or External Moderator

**About this qualification**

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| **Unit title and number** | **Mandatory/optional** | **Assessment** |
| Unit 01 Introduction to health, fitness and exercise | Mandatory | Internally assessed portfolio of evidence |
| Unit 02 Understanding a  healthy lifestyle | Mandatory | Externally assessed |
| Unit 03 Planning an exercise  session | Mandatory | Internally assessed portfolio of evidence |
| Unit 04 Understanding a personal fitness programme | Mandatory | Internally assessed portfolio of evidence |

To be awarded the **NCFE Level 1 Certificate in Health and Fitness (601/4662/X)** you are required to successfully achieve **4 mandatory units**.

**Planning and tracking your assessment**

The tracker will help you to record the work you’ve done and the work you still need to do to finish your portfolio. You need to complete this tracker for each mandatory unit. In the evidence section, you should include the type of work you have produced (ie illustration, table, written work) and the portfolio page number.

It will also help your Teacher/Assessor, Internal and External Moderators find their way around your portfolio so they can check it. Your Teacher/Assessor will make sure you’re completing your tracker correctly.

You and your Teacher/Assessor and/or an independent witness must sign and date the individual pieces of work in your portfolio. Once you’ve completed each unit, you must sign to say that the work is your own, or that you have referenced it if it is someone else’s work. Your Teacher/Assessor will then grade and sign the tracker, to show that they’re satisfied you’ve completed it correctly.

**Unit 01 Introduction to health, fitness and exercise (A/506/7537)**

You will:

1. Know about health, fitness and exercise

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| **1.1 Define what is meant by the terms ‘health’, ‘fitness’ and ‘exercise’** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.2 Identify activities that are part of active daily living** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.3 Produce a record of their own active daily living activities** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 01 Introduction to health, fitness and exercise (A/506/7537) (cont’d)**

You will:

1. Know about health, fitness and exercise

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| **1.4 Give examples of different types of exercise** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.5 Identify the health benefits of exercise** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 01 Introduction to health, fitness and exercise (A/506/7537) (cont’d)**

You will:

2. Know basic anatomy in relation to fitness

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| **2.1 Define the main body systems** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **2.1 Identify the location of the main muscles used in movement** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 01 Introduction to health, fitness and exercise (A/506/7537) (cont’d)**

You will:

3. Understand the effects of exercise on the main body systems

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| **3.1 State the short-term effects of exercise on the main body systems** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **3.2 Demonstrate the short-term effects of exercise on the main body systems** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 02 Understanding a healthy lifestyle (F/506/7538)**

You will:

1. Understand the importance of a healthy diet

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| **1.1 Identify what is meant by a healthy diet** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.2 Give examples of an unhealthy diet** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.3 Identify everyday factors that could affect diet** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 02 Understanding a healthy lifestyle (F/506/7538) (cont’d)**

You will:

1. Understand the importance of a healthy diet

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| **1.4 Outline how an unhealthy diet can affect health** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

You will:

2. Understand the energy balance equation

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| **2.1 Define the energy balance equation** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **2.2 Apply knowledge of the energy equation to a specific purpose** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 02 Understanding a healthy lifestyle (F/506/7538) (cont’d)**

You will:

3. Understand the effects of diet on health and fitness

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| **3.1 Outline how diet affects exercise performance** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 03 Planning an exercise session (J/506/7539)**

You will:

1. Know how to plan the delivery of an exercise session

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| * 1. **Outline the factors to consider when planning an exercise session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| * 1. **Identify the components of an exercise session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| * 1. **Outline the purpose of each component of an exercise session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 03 Planning an exercise session (J/506/7539) (cont’d)**

You will:

2. Understand the importance of a risk assessment for an exercise session

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| * 1. **Identify the potential risks and hazards of an exercise session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| * 1. **Outline the requirements of a risk assessment** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| * 1. **Identify the people involved in reporting risks** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 03 Planning an exercise session (J/506/7539) (cont’d)**

You will:

3. Be able to plan for the delivery of an exercise session

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| * 1. **Produce a plan for the delivery of an exercise session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| * 1. **Demonstrate the plan** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| * 1. **Identify the strengths and weaknesses of the plan** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 04 Understanding a personal fitness programme (A/506/7540)**

You will:

1. Understand the factors involved in a personal fitness programme

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| * 1. **Identify the factors to consider when creating a personal fitness programme** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.2 Identify fitness goals** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **1.3 Indicate how the right types of food can help your fitness programme** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 04 Understanding a personal fitness programme (A/506/7540) (cont’d)**

You will:

2. Be able to use progressive overload for exercise

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| * 1. **Define what is meant by progressive overload** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **2.2 Give examples of progressive overload for a specific exercise activity** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **2.3 Use progressive overload to develop an exercise** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

**Unit 04 Understanding a personal fitness programme (A/506/7540) (cont’d)**

You will:

3. Be able to produce and review a personal fitness plan for a specific session

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| **3.1 Produce a personal fitness plan for a specific session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |

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| **3.2 Demonstrate the personal fitness plan for a specific session** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **3.3 Review the personal fitness plan** | | | | |
| **Not Yet Achieved** | **Pass** | **Merit** | **Distinction** | **Location of evidence (eg hyperlink/portfolio page number and type)** |
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| **IM/EM feedback** | | | | |