

14-16 Purpose Statement

NCFE Level 2 Certificate in Health and Fitness (601/4534/1)

Who is this qualification for?

The NCFE Level 1 and Level 2¹ Certificates in Health and Fitness are complementary Technical Awards and the vocational equivalent of GCSE qualifications. Both are aimed at 14-16 year olds studying their Key Stage 4 curriculum and interested in any of the health and fitness contexts such as exercise, lifestyles and diet.

Each qualification focuses on an applied study of the health and fitness sector and learners will gain a broad knowledge and understanding of working in the sector.

The qualifications have been designed to sit alongside the requirements of core GCSE subjects. They are appropriate for learners who are motivated and challenged by learning through hands-on experiences and through content which is concrete and related directly to those experiences.

The Level 2 is appropriate for learners who are looking to develop a significant core of knowledge and understanding and apply that knowledge in preparing, planning and developing a health and fitness programme. Level 1 is appropriate for learners looking for an introduction to the knowledge, understanding and skills needed in the health and fitness industry.

What will the learner study as part of this qualification?

This qualification shows learners how:

- fitness is beneficial
- the main components of fitness measure an individual's level of physical fitness
- to use the principles of training in a fitness programme
- to prepare, plan and develop a personal health and fitness programme
- a healthy balanced diet affects lifestyles.

¹ Level 1 is equivalent to GCSE grades D-G; Level 2 is equivalent to GCSE grades A*-C.

What knowledge and skills will the learner develop as part of this qualification and how might these be of use and value in further studies?

Learners will know about:

- the functions of the main body systems
- using different training techniques and methods, the importance of diet and nutrition.

They will develop skills:

- in preparing and planning a health and fitness plan
- in carrying out fitness tests
- in evaluating a health and fitness plan
- in literacy, numeracy and ICT
- that are essential for the modern workplace, such as team working; presentation skills; independent working; working to deadlines; efficient use of resources.

Successful completion of this qualification will enable learners to progress to Level 3 qualifications in related subjects.

The knowledge and skills gained will provide an introduction to those required for careers in the health and fitness industry.

Which subjects will complement this course?

The following subject areas which can be taken as either a Technical Award or GCSE will complement this course:

- Sport
- Nutrition
- Exercise.

Further Information

For more information about NCFE Level 2 Certificate in Health and Fitness, please see the Support Materials tab on the qualification page of our website.
