

## 14-16 Purpose Statement

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

#### **Who is this qualification for?**

The NCFE Level 1 and Level 2<sup>1</sup> 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, learners will gain a broad knowledge and understanding of working in the sector.

These 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.

Level 1 is appropriate for learners looking for an introduction to the knowledge, understanding and skills needed in the health and fitness industry.

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.

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#### **What will the learner study as part of this qualification?**

This qualification shows learners how:

- fitness is beneficial to health
- to use progressive overload to develop an exercise
- to plan for the delivery of an exercise session
- to produce and review a personal fitness programme for a specific session
- diet affects health and fitness

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<sup>1</sup> 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 these qualifications and how might these be of use and value in further studies?**

Learners will know about:

- the main body systems and basic anatomy in relation to fitness
- the importance of health and safety considerations
- the basic principles of progressive overload, the importance of a healthy diet.

They will develop skills:

- in planning for the delivery of an exercise session, considering health and safety factors
- in producing a personal fitness plan for a specific session
- in reviewing a personal fitness plan for a specific session
- 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 2 qualifications in related subjects.

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

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## **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
- food and cookery.

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## **Further Information**

For more information about NCFE Level 1 Certificate in Health and Fitness, please see the Support Materials tab on the qualification page of our website.

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