

just the facts.

NCFE Level 1 Certificate in Health and Fitness NCFE Level 2 Certificate in Health and Fitness

(Level 1: 601/4662/X Level 2: 601/4534/1)

V Certs are a suite of high quality technical qualifications which are appropriate for pupils who are motivated and challenged by learning through hands-on experience and through content which is concrete and directly related to those experiences.

The NCFE Level 1 and Level 2 Certificates in Health and Fitness are designed to provide pupils with the skills, knowledge and understanding of the applied study of good health and fitness practices and an understanding of working in the sector.

What will your pupils do?

- Gain an understanding of the benefits of fitness.
- Learn the functions of the main body systems.
- Understand the benefits of a healthy balanced diet and how it affects lifestyles.
- Plan for the delivery of an exercise session, including health and safety considerations (level 1).
- Prepare, plan and develop a personal health and fitness programme (level 2).

Remember:
V Certs feature
in Progress 8

Qualification Overview

Qualification Title	NCFE Level 1 Certificate in Health and Fitness	NCFE Level 2 Certificate in Health and Fitness
Qualification number (QN)	(601/4662/X)	(601/4534/1)
Total Qualification Time (TQT)	180	180
Guided Learning Hours (GLH)	120 plus 1 hour 30 mins for the external assessments	120 plus 2 hours for the external assessments
Fee	£51.00	£51.00
Performance Tables	2017, 2018 and 2019	2017, 2018 and 2019
Entry Guidance	There are no specific recommended prior learning requirements for these qualifications. These qualification have been developed for learners aged 14–16 in schools and colleges but are also accessible for learners post-16.	

Qualification overview (continued)

The NCFE Level 1 and Level 2 Certificates in Health and Fitness are aimed at 14 – 16 year olds studying the Key Stage 4 curriculum who are interested in any aspect of health and fitness. They're an alternative to a GCSE and offer equivalent levels of rigour and challenge.

Qualification structure and how to achieve

To be awarded NCFE Level 1 or Level 2 Certificates in Health and Fitness, pupils are required to successfully complete four mandatory units for each qualification. Pupils must also achieve a minimum of a 'Pass' in the external assessment.

Level 1		Level 2	
Unit - 1 Introduction to Health, Fitness and Exercise	Internally assessed portfolio of evidence	Unit - 1 Principles of Health and Fitness	Internally assessed portfolio of evidence
Unit - 2 Understanding a Healthy Lifestyle	Externally assessed through a 90 minute written exam paper	Unit - 2 Healthy Lifestyles	Internally assessed portfolio of evidence
Unit - 3 Planning an Exercise Session	Internally assessed portfolio of evidence	Unit - 3 Preparing and Planning for Health and Fitness	Externally assessed through a 2 hour written exam paper
Unit - 4 Understanding a Personal Fitness Programme	Internally assessed portfolio of evidence	Unit - 4 Develop a Personal Health and Fitness Programme	Internally assessed portfolio of evidence

Extras

With an NCFE V Cert, you also have access to some great supporting materials such as:

- **Parent/Pupil Zone** on our website where you'll find a dedicated area explaining our qualifications for schools and handy resources.
- **Career Cards** that let you know exactly where the qualification could lead your pupil.
- **Assessment Checking Service** which gives you opportunity to have your assessments checked by an occupationally competent person.

What's next?

Pupils who achieve the **NCFE Level 2 Certificate in Health and Fitness** could progress to:

- A level in Physical Education
- Diploma in Exercise, Health and Fitness Studies.

It may also be useful to pupils studying qualifications in the following areas:

- Sport
- Nutrition
- Exercise.

Why choose NCFE?



Our qualifications

We work with schools, colleges and employers to ensure our qualifications meet the needs of pupils and are fit for purpose.



Supported by employers

Our qualifications are supported by employers.



Our customer commitment

We're the only Awarding Organisation to have been included in the Top 50 Companies for Customer Service for 3 consecutive years.