

MODULES/UNITS

V-Certs are a suite of high quality technical qualifications which are appropriate for key stage 4 learners who are motivated and challenged by learning through hands-on practical content. They are a technical alternative to GCSEs with equivalent levels of rigour and challenge.

The NCFE 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.

- The principles of training and fitness.
- 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.

COURSEWORK DEADLINES/EXAMS

WHEN

EXAM	APRIL 2019
ASSESSMENT COURSEWORK	DEC/JAN 2019/2020
EXAM	NOV 2019

PROJECTS/SCHEME OF WORK/TOPICS

DURING

OTHER INFORMATION

This course is perfect for pupils who wish to undertake a career in Physical Education or Sport. Many of our pupils move onto BTEC National level 3 (A Level equivalent) before a University degree in Sports Science, Sports Coaching/Teaching, Physiotherapy or another similar field.

Within the practical sport unit, pupils can select a sport not currently offered inside of school and provide the evidence through video or having a member of staff come out and analyze/moderate them.