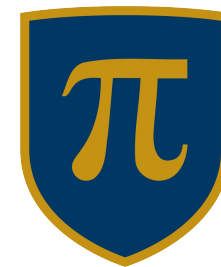


The Turing School Physical Education Department Learning Journey

NCFE V.Cert Level 2 Health and Fitness



For students that wish to gain a qualification in Physical Education, we currently offer NCFE VCert L1/2 Technical Award Health and Fitness. This is a vocational qualification that is equivalent to a GCSE grade and designed for students that are interested in pursuing a career in the sports/health and fitness sector or progress onto further study.

Future Pathways

Level 3
Qualifications in
Sport:
A Level
BTEC

Careers:
Leisure Assistant
Coach
PE Teacher
Sports Director
Physiotherapist
Stadium Manager
Sport Journalist
and many more...

Where

will
you

GO!

Results
Received



Unit 1
Exam
(Resit)



Reflect,
Rework
Improve



LO4: Understand the
structure of a health
and fitness
programme and how
to prepare safely



Coursework (60%)

For the V.Cert you will need to complete a synoptic assessment this will assess you on your ability to draw together your knowledge from the whole unit. A brief will be released in December of Year 11. You will be taught the content of the unit before given time to complete the coursework. You will need to submit your coursework on or before the deadline provided.

NCFE V.Cert Level 2 in Health and Fitness Breakdown

Coursework - 60%
Examination - 40%

Health and
Fitness
analysis and
Goal setting
3.1



The Structure of
a health and
fitness
programme
4.1



Health and
Safety
4.2



LO1: Understand
the impact of
lifestyle on health
and fitness



LO2: Understand
how to test and
develop
components of
fitness



LO3: Understand
how to apply
health and
fitness analysis
and set goals



YEAR
11

Unit 2 - Preparing and planning for health and fitness -

This unit provides learners with the knowledge and understanding to be able to prepare and plan for health and fitness. Learners will know and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. Learners will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities.

Optimising a
Fitness
Programme
2.2



Training
Methods
2.2



Fitness
Testing
2.1



Lifestyle
Factors
1.1



Unit 1
Exam

Revision

Principles
of FITT
4.1.2



Principles
of
Training
4.1.1

Components
of Fitness
3.2

Health and
Fitness
3.1

Long term
effects of
Activity
2.1.2



Short
Term
effects of
Activity
2.1.1

Energy
Systems
1.5



Cardiovascular
system
1.4



Respiratory
System
1.3



Muscular
System
1.2



Skeletal
System
1.1

YEAR
10

Unit 1 - Introduction to body systems and principles of training in health and fitness-

External Assessment - Written Exam

This unit provides learners with the underpinning knowledge and understanding required for health and fitness. Learners will develop their knowledge and understanding of the structure and function of key body systems. Learners will know and understand the short and long term effects that health and fitness activities can have on the body. Learners will know and understand the components of fitness and the principles of training.

Foundation of Knowledge

You started working towards your Btec during Year 7, 8 and 9 where you built a foundation of knowledge that will assist you in your V.Cert journey
Components of Fitness / Fitness Training Methods / Fitness Testing / Rules, Regulations, Scoring Systems / Roles and Responsibilities of the Officials / Relevant Skills, Techniques and Tactics / Short Term Effects of Exercise / Musculoskeletal System.

Examination (40%)

For Unit 1, you will complete an externally assessed, examination. You will get a maximum of two attempts to complete this examination.

You will need to know about:

- Structure and function of body systems.
- The effect of health and fitness activities on the body.
- Components of fitness.
- Principles of Training.

