

# V-Cert: NCFE Level 1/2 Technical Award in Health and Fitness

"If it doesn't challenge you, it doesn't change you".

**Fred Devito**

## The Course

The V-CERT Health and Fitness course gives students an in-depth knowledge of the body systems and how they respond to exercise and physical activity. Students will learn how to create effective training programmes for a range of different fitness components. Pupils will then apply what they have learned through a synoptic project, which will involve them creating a training programme for another student.

## What will be studied?

Learning objective 1- Body systems and principles of training health and Fitness

Unit 1- Body systems

- 1.1 Skeletal system
- 1.2 Muscular system
- 1.3 Respiratory system
- 1.4 Cardiovascular system
- 1.5 Energy system

Unit 2- Effects of Exercise

- 2.1 Short term effects of activities on the body
- 2.1 Long term effects of activities on the body

Unit 3- Health and Fitness and components of fitness

- 3.1 Health and Fitness
- 3.2 Health-related fitness components
- 3.3 Skill-related fitness components

Unit 4- Principles of training

- 4.1 principles of training
- 4.2 Principles of F.I.T.T

Learning objective 2- Preparing and planning for Health and Fitness

- 1.1 Lifestyle factors
- 2.1 Fitness testing
- 2.2 Training methods
- 2.3 Optimising a health and fitness programme
- 3.1 Fitness testing and Goal setting
- 3.2 Structure of a health and fitness programme
- 3.3 Health and safety

**Why study Health and Fitness?-** Health and fitness will not only give you the fundamental knowledge to go and work in the fitness industry, but also provide you with the fundamental knowledge to keep you and your family healthy for a lifetime. The content that is covered supports many other topics, such as biology and is an excellent course for anybody wanting to go into the health profession.

**Future Pathways-** Due to the wide range of skills that students will develop health and fitness will prepare students for a career in the fitness and health industry: Gym instructor, Personal Trainer. Armed forces, medicine, biological sciences, Physiotherapist,

**Assessment-** Unit 1 is externally examined through an examination worth 40% of the course. Unit 2 is internally assessed through a synoptic project worth 60% of the course.

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