

Key Stage 4 Subject Overview: Health & Fitness

Course name: NCFE Level 1/2 Technical Award in Health and Fitness

Exam Board: NCFE

Subject Code: 603/7007/5

Course Structure:

Component Title	Unit 01 Examined Unit Externally set and externally marked	Unit 02 Non-exam assessment (NEA) A different NEA brief will be released every September Externally set, internally marked and moderated by exam board (EQA)
Description	Content area 1: Structure and function of body systems (25 GLH) Content area 2: Effects of health and fitness activities on the body (5 GLH) Content area 3: Health and fitness and the components of fitness (10 GLH) Content area 4: Principles of Training (10 GLH)	Content area 5: Testing and developing components of fitness (25 GLH) Content area 6: Impact of lifestyle on health and fitness (10 GLH) Content area 7: Applying health and fitness analysis & setting goals (10 GLH) Content area 8: Structure of a health and fitness programme and how to prepare
Course Weighting	40% Externally Assessed Written exam, externally marked. 80 marks, 1 hour and 30 minutes. A mixture of multiple choice, short and extended answer questions. Examination date is expected to take place in May/June (Year 11).	60% Internally Marked, Externally Quality Assured Internal synoptic project. 88 marks. The completion time for the NEA is 22 hours. Controlled Assessment released every September
Content Overview	Content area 1: Learners will develop knowledge and understanding of the structure and function of body systems and how they apply to health and fitness. (Skeletal, Muscular, Respiratory, Cardiovascular) Content area 2: Learners will develop knowledge and understanding of the short term and long term effects of health and fitness activities on the body. Content area 3: learners will develop knowledge and understanding of the terms health and fitness, components of fitness and how they apply to health and fitness activities. Content area 4: Learners will develop knowledge and understanding of the principles of training and how they apply to health and fitness activities.	Content area 5: Learners will develop understanding about how to test and develop components of fitness and how to apply this to health and fitness activities. Content area 6: Learners will develop knowledge and understanding of the impact of lifestyles and how it effects health and fitness. Content area 7: Learners will develop understanding about how lifestyle analysis and how to apply this to people with specific health and fitness goals. Content area 8: Learners will understand how to structure a health and fitness programme and how to prepare safely