Health and Fitness (Vocational)

Information from the exam board can be found here.

Grades awarded: Level 2 Distinction* – Level 1 Pass

Why study this subject?

The NCFE Health and Fitness course is ideal for those students who are interests in a career in health and fitness or for those who enjoy sport but don't play it competitively. The course examines physical training and anatomy and physiology in significant detail. Students will gain experience of fitness testing and programme design within this course, making it perfect for those students who are interested in a career in gym instructing or personal training.

What will I study in this course?

- Anatomy and Physiology
- Health and Fitness
- Physical training
- Programme design

How will I be assessed?

The course is assessed in two areas. In September of Year 11, students will be set a synoptic project in which they are required to create a 4-week training programme for a client; this will account for the remaining 60% of the course. The remaining 40% of the course is assessed in the summer of Year 11 as a written exam.

What will this qualification lead to?

This qualification is ideal for anyone wanting to pursue a career in physical training and sports coaching. Careers in personal training, gym instructing, physiotherapy or the armed forces will benefit from studying this course.

This course would enable a student to access an A Level in Physical Education (offered by The King's Academy Sixth Form) or an equivalent vocational qualification at college.

How is the course structured?

	Autumn Term	Spring Term	Summer Term
Year 9	Health Fitness and Wellbeing (at a basic level)	Physical Training (at a basic level)	Anatomy & Physiology (at a basic level)
Year 10	Anatomy & Physiology	Physical training	Programme design
Year 11	**Synoptic project**	Anatomy & Physiology Physical training	

For more information, contact: Mr Lynch (Head of Physical Education)

Revised: March 2023