

# V-CERT Health and Fitness

Course Detail: NCFE.V-CERT level 2 certificate in health and fitness

Exam Board: NCFE

This is a level 2 course equivalent to 1 GCSE at grades 9-4 . Students whose work does not meet the Level 2 threshold may be awarded a Level 1 qualification.

## ASSESSMENT



The course is assessed internally through a portfolio of evidence including posters, leaflets and log entries. One of the units is assessed under exam conditions. There are some practical elements to the course but students are NOT assessed in terms of practical ability only written.

## WHAT YOU WILL STUDY

**Year 1 topics** – Unit 01: Principles of health and fitness (30 credits)

Unit 02: Health Lifestyles (30 credits)

**Year 2 topics** – Unit 03: Preparing and planning for health and fitness (EXTERNAL)(30 credits)

Unit 04: Develop a personal health and fitness programme (30 credits)

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## WHO SHOULD DO IT?

Anyone who would like to further their academic knowledge of health and wellbeing, sport management and leadership. This course will provide a good foundation for further employment or further study.

**Although there is an element of practical activity, please be aware that the main focus of this course is academic study.**

## ENTRY REQUIREMENTS

**The minimum requirement is to be working at Level 6c and above in English.** You should have a good record of attendance and excellent participation in PE in KS3. Finally, you should have a great passion for sport, health and fitness.