



NCFE Health and Fitness Y10

Overview:

This is a theory based course that allows the student to engage in the sporting world from an academic view point rather than practical performance. The course is designed to give students the basic knowledge and understanding required for taking up

Term 1:

During term 1 you will learn about the energy systems used by the body and how these impact performance. You will also learn about the components of fitness, fitness testing and training methods allowing students to deepen their understanding of the foundations of any training. You will be assessed by completing end of topic exams.

Physical Education

Term 3:

You will be introduced to the Anatomy and Physiology section of the exam exploring the structure and function of the different body systems and how they apply to Health and Fitness. These include

The skeletal System

The muscular system

The cardiovascular system

The respiratory system

You will be assessed by completing end of topic exams.

Term 2:

During this term you start to look at the role of a fitness trainer/ professional coach and the theory based practice they put into place in the day to day organisation of training. You will study the impact of lifestyle on health and fitness, how to set training goals and how to structure a health and fitness programme.

You will be assessed through essay style questions looking in depth at each topic.



NCFE Health and Fitness Y11

Overview:

This is a theory based course that allows the student to engage in the sporting world from an academic view point rather than practical performance. The course is designed to give students the basic knowledge and understanding required for taking up a job in the sports industry in a non performing role. You will cover anatomy and physiology, health activity lifestyles, diet and training programme design.

Term 1:

During this term you will continue to look at the role of a fitness trainer/ professional coach and the theory based practice they put into place in the day to day organisation of training. You will be assessed through essay style questions looking in depth at each topic.

You will be assessed by completing end of topic exams.

Physical Education

Term 3:

During this term you will consolidate your knowledge of the course and use a wide range of revision techniques to prepare you for the summer exam.

Term 2:

During term 2 you complete a 21 hour synoptic project that will assess your understanding of the course. You will be given a clients profile to analyse and then design a programme based upon their needs. This will take place over 7 weeks under exam conditions.