



CHRIST'S COLLEGE
Emmanuel Schools Foundation

PE
NCFE Health and Fitness
COURSE OVERVIEW
KEY STAGE 4 COURSE GUIDE

COURSE OVERVIEW

Prior Learning Required

The primary learning from Key Stage 3 (KS3) Physical Education (PE) that helps students with the NCFE Health and Fitness Qualification includes several foundational elements:

- **Understanding Body Systems:** KS3 PE introduces students to the structure and function of body systems, such as the skeletal, muscular, cardiovascular, and respiratory systems. This knowledge is crucial for the NCFE qualification, which delves deeper into how these systems apply to health and fitness.
- **Components of Fitness:** Students learn about different components of fitness, including aerobic and anaerobic fitness, flexibility, strength, and endurance. These concepts are essential for understanding health and fitness activities and their effects on the body.
- **Principles of Training:** KS3 PE covers the basic principles of training, such as specificity, overload, and progression. These principles are fundamental for planning effective fitness programs, a key part of the NCFE qualification.
- **Healthy, Active Lifestyles:** Promoting a healthy, active lifestyle is a core part of KS3 PE. This includes understanding the benefits of regular physical activity, which is reinforced in the NCFE Health and Fitness curriculum.
- **Practical Skills and Teamwork:** KS3 PE emphasizes practical skills, teamwork, and leadership, which are valuable for roles in health and fitness careers, such as fitness instructors or personal trainers.
- These foundational elements from KS3 PE provide a strong base for students as they progress to more specialised health and fitness qualifications.

Complimentary Subjects of Study

Several subjects in the national curriculum complement the NCFE Health and Fitness Qualification by providing additional knowledge and skills that are beneficial for a career in health and fitness:

- **Biology:** Understanding human biology, particularly the body systems, nutrition, and the effects of exercise on the body, is crucial for health and fitness.
- **Chemistry:** Knowledge of chemical processes in the body, such as metabolism and the role of different nutrients, can enhance understanding of fitness and health.
- **Physical Education (PE):** Building on the foundational knowledge from KS3 PE, further study in PE at KS4 and beyond deepens understanding of fitness principles, training methods, and the importance of physical activity.
- **Food Technology:** This subject provides insights into nutrition, diet planning, and the impact of food on health, which are essential for creating effective fitness and health programs.
- **Psychology:** Understanding psychological principles can help in motivating clients, understanding behaviour change, and promoting mental well-being alongside physical health.
- **Mathematics:** Skills in data analysis and statistics are useful for interpreting fitness test results, tracking progress, and understanding research in health and fitness.
- **ICT (Information and Communication Technology):** Proficiency in ICT is valuable for using fitness apps, managing client data, and staying updated with the latest health and fitness technologies.

These subjects provide a well-rounded education that supports the knowledge and skills needed for the NCFE Health and Fitness Qualification.



COURSE OVERVIEW

- Further Education Pathways

If achieved at Level 1:	If achieved at Level 2:
Level 2 Technical Qualifications in: • Health and Fitness/Sport • Health and Social Care • Fitness Instructing • GCSE Physical Education. Apprenticeships in entry-level roles such as: • Gym assistant • Leisure centre assistant	Level 3 Qualifications in: • A Level PE • Level 3 BTEC in Sport or Sport Science • NCFE Level 3 Applied General in Sport and Physical Activity • T Levels in Health and Science Advanced Apprenticeships in: • Personal Training • Fitness Instruction • Coaching • Rehabilitation Support
On completion of Level 3 qualifications, this opens opportunities to study sports related courses at University and Degree level qualifications.	



PE Department – Staffing

Welcome to NCFE Health and Fitness!

Are you passionate about staying active and leading a healthy lifestyle? The NCFE Health and Fitness course is designed just for you! As you enter Year 10, this exciting option will provide you with the knowledge and skills to understand the importance of health, fitness, and well-being.

What Will You Learn? Throughout this course, you will explore various aspects of health and fitness, including:

- **Anatomy and Physiology:** Understand how your body works and how to keep it in top shape.
- **Nutrition:** Learn about balanced diets and how food fuels your body.
- **Exercise and Training:** Discover different types of physical activities and how to create effective workout plans.
- **Health and Well-being:** Gain insights into mental health, stress management, and overall wellness.

Why Choose This Course?

- **Hands-On Experience:** Engage in practical sessions that bring theoretical knowledge to life.
- **Expert Guidance:** Learn from experienced instructors who are passionate about health and fitness.
- **Career Opportunities:** This course can be a stepping stone to careers in sports, fitness training, nutrition, and more.
- **Personal Growth:** Develop a healthy lifestyle that will benefit you now and in the future.

Who Is This Course For? This course is perfect for students who:

- Enjoy physical activities and sports.
- Are curious about how the body works.
- Want to make informed choices about their health.
- Are considering a career in the health and fitness industry.

Join us in the NCFE Health and Fitness course and take the first step towards a healthier, more active future. We look forward to seeing you thrive and achieve your fitness goals!

Feel free to ask any questions or seek more information about the course. We're here to help you make the best choice for your Year 10 options!

Department Teachers

Mr Barrett (Subject Lead for PE) will deliver the NCFE Health and Fitness course, over three periods a week and you will most likely have the same teacher throughout year 10 and year 11. These are split into one single lesson and one double lesson.

Miss Mole will continue to deliver core PE within the department, for normal PE lessons.



KNOWLEDGE CHECKLIST

How is the course structured?			
	Autumn Term	Spring Term	Summer Term
Year 9			Applied Anatomy and Physiology Movement Analysis (at a basic level)
Year 10	Anatomy and Physiology Health and Fitness	Physical training	Programme design
Year 11	Programme design	Non-Exam Coursework	Exam Revision

How will I be assessed?

The course is assessed in two areas. An external examination, this external unit will account for 40% of the student's overall grade. Along with a non-exam-based coursework 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.



KNOWLEDGE CHECKLIST

Course Content

Content area 1 - Structure and function of body systems

Content area 2 - Effects of health and fitness activities on the body

Content area 3 - Health and fitness and the components of fitness

Content area 4 - Principles of training

Content area 5 - Testing and developing components of fitness

Content area 6 - Impact of lifestyle on health and fitness

Content area 7 - Applying health and fitness analysis and setting goals

Content area 8 - Structure of a health and fitness programme and how to prepare safely



REVISION

Resources to help you revise for the NCFE Health and Fitness course:

- **Quizlet Flashcards:** This set of flashcards covers key terms and concepts for the NCFE Health and Fitness VCERT. It's a great way to test your knowledge and reinforce learning through repetition [\[1\]](#).
- **Google Sites:** This site offers a comprehensive range of resources, including lesson PowerPoints, relevant videos, and end-of-topic quizzes. It's designed to support your learning in lessons and provide additional revision materials [\[2\]](#).
- **YouTube Revision Videos:** This YouTube channel provides free revision sessions focusing on both exam knowledge and skills. The videos are tailored to help you understand and retain important information [\[3\]](#).

References

- [1] [NCFE Health and Fitness VCERT REVISION - Quizlet](#)
- [2] [NCFE VCert Level 1/2 Health and Fitness - Google Sites](#)
- [3] [NCFE Technical Award in Health and Fitness VCERT Revision ... - YouTube](#)

Homework and Independent Study

Homework

Each week you will be set a homework task which has a deadline assigned to it.

This will be marked and returned to you.

These tasks will be in the form of:

- Homework Booklets
 - Exam Style Questions
 - Revision tasks
- Failure to complete the homework will result in an after-school detention.

Independent Study

Each week you should also spend 1 additional hour studying for this subject.

The suggested tasks for independent study are:

Creating mind maps or flash cards using the content covered in NCFE Health and Fitness.

Creating mind maps or flash cards using online resources and videos.

Completing the revision tasks in the revision guides provided in Teams.



READING LIST

NCFE Health and Fitness Reading List

Here are some recommended books and resources to help you excel in your NCFE Health and Fitness course:

- 1.NCFE Level 1/2 Technical Award in Health and Fitness, Second Edition** by Ross Howitt and Mike Murray
 - This comprehensive textbook covers all the key topics in the course, including anatomy, physiology, nutrition, and exercise principles [\[1\]](#).
- 2.Anatomy and Physiology for Dummies** by Maggie Norris and Donna Rae Siegfried
 - A great resource for understanding the basics of how the body works, with clear explanations and illustrations.
- 3.Nutrition for Dummies** by Carol Ann Rinzler
 - This book provides an easy-to-understand guide to nutrition, helping you learn about macronutrients, micronutrients, and balanced diets.
- 4.Fitness and Exercise Sourcebook** by Amy L. Sutton
 - A comprehensive guide to different types of exercises, fitness routines, and training principles.
- 5.Mental Health and Well-being in the Learning and Teaching Environment** by Colin R. Martin and Victor R. Preedy
 - This book explores the impact of physical activity on mental health and provides strategies for managing stress and promoting well-being.
- 6.The Complete Guide to Sports Nutrition** by Anita Bean
 - An essential read for anyone interested in sports nutrition, offering practical advice on how to fuel your body for optimal performance.
- 7.Physical Education and the Study of Sport** by Robert Davis, Gary Roscoe, and David Roscoe
 - This textbook covers various aspects of physical education, including fitness testing, exercise techniques, and health assessments.

These resources should provide a solid foundation for your studies and help you succeed in your NCFE Health and Fitness course.

Happy reading!

References

[1] [PE and Sport Workbooks and Resources | Hachette Learning](#)





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