

LEVEL 1/2 VOCATIONAL CERTIFICATE IN HEALTH & FITNESS

CONTACT: **Mr Emery** EMAIL: D.Emery@TSATrust.org.uk

WHAT IS THE SUBJECT ABOUT?

The Health & Fitness course is designed to train you to be confident in all areas of exercise and sport. In this course you will develop an understanding of how exercise is carried out and how to apply key principles in a range of sporting scenarios.

HOW WILL I BE ASSESSED?

You will complete two units:

Unit 1 – Externally set and marked written examination, worth 40% of final grade.

You will develop your knowledge and understanding of:

- The key body systems
- How the body responds to exercise, both short and long term
- Different components of fitness and methods of training

Unit 2 – Externally set and internally marked synoptic project, worth 60% of final grade.

You will develop your knowledge and understanding of:

- The impact of lifestyle on health and fitness
- How to test different components of fitness
- Analysing fitness data and setting appropriate targets
- Planning fitness programmes to improve specific components of fitness

There will also be an externally assessed exam.

WHAT WILL I DO IN LESSONS?

Work independently through guided research and completion of set tasks.

Explore technical procedures to test fitness and monitor health.

Develop understanding of the human anatomy and how we can develop health and wellbeing.

WHAT ELSE DO I NEED TO CONSIDER?

You will benefit greatly from attending extra-curricular clubs and school matches. You will learn to understand the discipline needed to practice and train effectively.

The focus of the course lies within the theoretical application of the subject knowledge.

A passion and interest in sport and fitness is essential.

WHAT DO STUDENTS THINK OF THE SUBJECT?

“It’s fun!”

“You get to do activities that you don’t usually do.”

“I’ve been pushed to my full potential.”

“You learn lots of new skills.”

“You learn about all the muscles in the body.”