

Health and Fitness – V Cert

Qualification:
V Cert Level 2

Is this course for me?

The course is designed for students with an interest in any of the health and fitness contexts such as exercise, lifestyles and diet. Level 2 is appropriate for learners who are looking to develop a significant core of knowledge and understanding, and want to apply that knowledge in preparing, planning and developing a health and fitness programme.

What does the course involve?

Students must be highly motivated and prepared to participate in both practical and theory sessions.

You will cover units in 'The principles of health and fitness', 'Healthy lifestyles', 'Preparing and planning for health and fitness' and 'Developing a personal health and fitness programme'. You will learn through key skills in communication, problem-solving, interpreting information, researching, teamwork, planning and health and safety.

How will my work be assessed?

Students are assessed throughout the course by producing a portfolio of assessment materials for 3 units. There will be an external assessment of 2 hours to cover the 'Preparing and planning for health and fitness' unit. The final grade is based on a combination of coursework and the externally set exam, with emphasis given to the degree of skill reached at the end of the two years. Coursework comprises 75% of the total mark with the Externally Set Assignment comprising the remaining 25%. Gradings will be awarded at Level 2 Pass, Merit, Distinction or Distinction*.

What courses can this lead to in Post-16?

BTEC Sport.

For more details please contact:

MR L OXLEY – SUBJECT TEACHER