

Health & Fitness

Subject overview:

Health & Fitness teaches students how to enhance their own health, safety, wellbeing and physical activity participation in varied and changing contexts. This subject also has strong foundations in scientific fields such as physiology, nutrition, biomechanics and psychology, which inform what we understand about healthy, safe and active lifestyle choices.

KS4:

In KS4, students undertake the NCFE Level 1 Certificate in Sport. This qualification is designed to help support the learner's personal development through acquiring skills and knowledge in sport, exercise and fitness. The qualification also allows learners to gain personal transferrable skills that can be applied to the workplace or further study. This qualification will: focus on the study of the sport within the leisure sector, offer breadth and depth of study, incorporating a key core of knowledge, provide opportunities to acquire a number of practical and technical skills.

The key objectives of this course are:

- gain an understanding of the sport, exercise and leisure vocational sector
- study areas of particular interest
- encourage learners to adopt a fitter and healthier lifestyle

