

VCERT Sport / Sports Sciences GCSE

Title of course: NCFE Level 2 Certificate in Health and Fitness

Qualification/level at the end of the course: NCFE Level 2

Course description: VCERT Sport is a significant theory based course. The content of the course is 75% theory, 25% practical. Students will be assessed in two different ways; through an exam and through coursework. The exam assessment involves a two hour paper which focuses on scenarios. These scenarios will be very familiar as they will be based on the content learnt in theory lessons.

In their coursework students will be assessed on how well they can apply their knowledge and the level of detail they can demonstrate in their written work. Students will have a number of assignments that they will complete based on the course content. Most lessons are classroom based. The course covers four units which are:

- **Unit 1:** Principles of health and fitness
- **Unit 2:** Improving own and others' sports performance
- **Unit 3:** Preparing and planning for health and fitness
- **Unit 4:** Develop a personal health and fitness programme

Skills required:

- There will be a lot of evidence gathering to demonstrate competence and proof of learning and progress
- Attention to detail and good review and analysis skills are needed

Assessment:

- **Unit 1:** Internal assessment - coursework
- **Unit 2:** Internal assessment - coursework
- **Unit 3:** External assessment - exam
- **Unit 4:** Internal assessment - coursework

During the course of year one students may have the opportunity to switch onto a GCSE Sports Studies course, however this will be dependent on whether this is most appropriate for the ability of the students on the course.

This course requires students to play **two** sports at **club level** and to have a **passion** for health and fitness. This course would suit any student who is keen to develop their knowledge and understanding of exercise, lifestyle and diet along with developing a training and fitness programme.

