

## Level 1/2 Technical Award in Health and Fitness (603/2650/5) – Key Stage 4

### Intent:

This qualification is designed for learners who want an introduction to health and fitness that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the health and fitness sector or progress onto further study. Our students thrive on the practical elements of the course and aspects such as going off site to work with other organisations such as Gyms, Boxing centres, Leeds United Football Club, where they are able to put theory into practice in real-life settings.

The qualification is a particularly effective way of helping our students make health-informed lifestyle choices, building both their confidence and understanding about improving their health and fitness.

### Implementation:

	Term 1	Term 2	Term 3
Year 1	Understand and identify the main body systems and their functions.	Understand the Principles of Training and <u>F</u> requency <u>I</u> ntensity <u>T</u> ime and <u>T</u> ype.	Explore how physical activities impact the body in the short- and long-term.
Year 2	Understand how relevant fitness tests can be used for specific health and skill components of fitness.	Understand different lifestyle analysis tools and how to apply them.  EXAMS	Create a health and fitness programme.

Sport has the power to change the world. It has the power to inspire, the power to unite people in a way that little else does. It speaks to young people in a language they can understand. Sport can create hope, where there was once only despair. It is more powerful than governments in breaking down racial barriers.