

NCFE Health & Fitness

Coursework - 60%

Exam - 40%

NEA's released every September

Non Exam Assessment (NEA) - Introduction to Body Systems and Principles of Training in Health and Fitness

Internally assessed. 2 hours research time. 22 hours to complete.

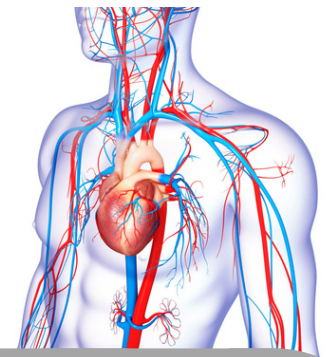
Skeletal System



Muscular System



Cardiovascular System



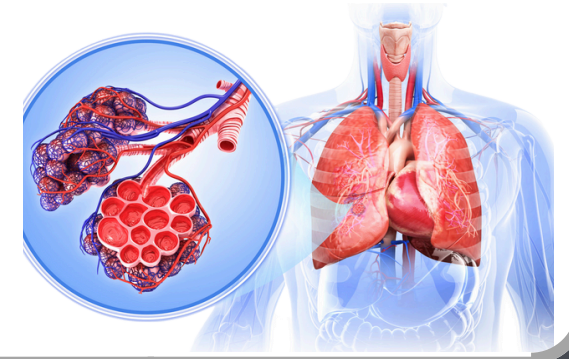
Short & Long Term Effects of Exercise



Energy Systems



Respiratory System



Components of Fitness



Principles of Training



Fitness Tests



Training Methods



Warm Up & Cool Downs



Health & Fitness Analysis Tools



Impact of Lifestyle on Health & Fitness



Goal Setting



Fitness Program Design



Exam - Introduction to Body Systems and Principles of Training in Health and Fitness

Externally assessed - 1 hour 30 minutes. Takes place May/June every year. Must be the last assessment to sit.

