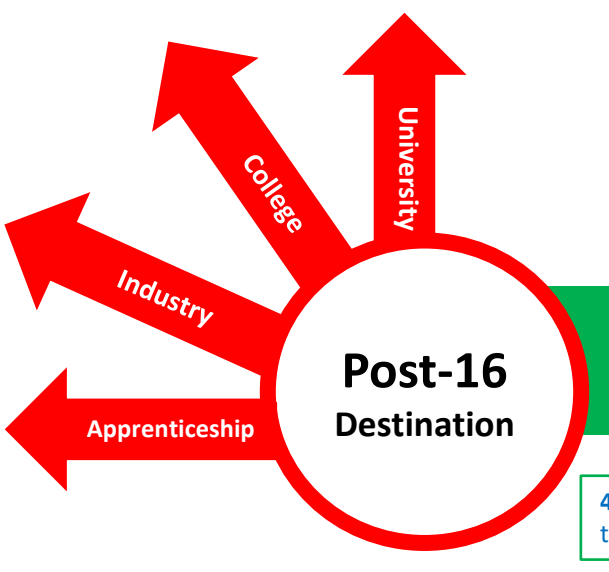
Level 1 / 2 Technical Award in Health & Fitness



Task 1

- **1.1 –** Show you understand what is meant by the selected components of fitness
- **1.2 –** Show how you would apply the principles of training
- **1.3 –** Explain how the selected components of fitness could be improved, referring to methods and principles of training
- Apply principles of training and select appropriate methods of training

Task 2

- Show you have an understanding of lifestyle factors and goal setting
- **2.1 –** Create & administer a lifestyle questionnaire
- **2.2 –** Administer and analyse a PAR-Q

Task 3

- **2.3 –** Set SMART goals for your client
- Assess levels of fitness
- **3.1 –** Explore ways of testing fitness
- **3.2 –** Carry out fitness tests
- **3.3 –** Assess results

Task 4

- Create, review and update a health and fitness programme
- **4.1 –** Create a 4 week health & fitness programme
- **4.2 –** Review the programme after 2 weeks
- **4.3 –** Make changes to the programme

Task 5

- **4.4 –** Complete final fitness tests and assess
- Evaluate your performance

Unit 2 Internal Assessment : Preparing and Planning for Health and Fitness– Synoptic Project

- LO1: Understand the impact of lifestyle on health and fitness
- LO2: Understand how to test and develop components of fitness
- LO3: Understand how to apply health & fitness analyses and set goals
- LO4: Understand the structure of a health and fitness programme and how to prepare safely

Unit 2 : Preparing and planning for health & fitness – Revision prior to completion of internal assessment

- Unit 1 : Final Attempt – External Assessment
- LO1: Understand the impact of lifestyle on health and fitness
- LO2: Understand how to test and develop components of fitness
- LO3: Understand health & fitness and the components of fitness
- LO4: Understand the principles of training
  - **4.1 –** The principles of training
  - **4.2 –** Principles of FITT

Unit 1 : Body systems and principles of training– Revision prior to final attempt at the External Assessment

- LO1: Understand the structure and function of the body systems
  - **1.1 –** Skeletal system
  - **1.2 –** Muscular system
  - **1.3 –** Respiratory system
  - **1.4 –** Cardiovascular system
  - **1.5 –** Energy systems
- LO2: Understand the effects of health and fitness activities on the body
  - **2.1 –** Short term effects of health & fitness activities
  - **2.2 –** Long term effects of health & fitness activities
- LO3: Understand health & fitness and the components of fitness
  - **3.1 –** Health and fitness
  - **3.2 –** Components of fitness
- LO4: Understand the structure of a health and fitness programme and how to prepare safely
  - **4.1 –** The structure of a health & fitness programme
  - **4.2 –** Principles of FITT

Year 11

- LO1: Understand the structure and function of the body systems
  - **1.1 –** Skeletal system
  - **1.2 –** Muscular system
  - **1.3 –** Respiratory system
  - **1.4 –** Cardiovascular system
  - **1.5 –** Energy systems
- LO2: Understand the effects of health and fitness activities on the body
  - **2.1 –** Short term effects of health & fitness activities
  - **2.2 –** Long term effects of health & fitness activities
- LO3: Understand health & fitness and the components of fitness
  - **3.1 –** Health and fitness
  - **3.2 –** Components of fitness
  - **3.2.1 –** Health related components of fitness
  - **3.2.2 –** Skill related components of fitness
- LO4: Understand the principles of training
  - **4.1 –** The principles of training
  - **4.2 –** Principles of FITT

Unit 2 : Preparing and planning for health and fitness

- Unit 1 : First Attempt – External Assessment
- LO1: Understand the impact of lifestyle on health and fitness
  - **1.1.1 –** Activity levels
  - **1.1.2 –** Diet
  - **1.1.3 –** Rest and recovery
  - **1.1.4 –** Other factors, e.g. drugs
- LO2: Understand how to test and develop components of fitness
  - **2.1 –** Fitness testing
  - **2.2 –** Training methods
  - **2.3 –** Optimising a health & fitness programme
- LO3: Understand how to apply health & fitness analyses and set goals
  - **3.1.1 –** Health and fitness analysis tools
  - **3.1.2 –** Goal setting
- LO4: Understand the structure of a health and fitness programme and how to prepare safely
  - **4.1 –** The structure of a health & fitness programme
  - **4.1.1 –** The session card
  - **4.1.2 –** Warm up & cool down
  - **4.1.3 –** Main activity session
  - **4.2 –** Health and safety
- Practice Synoptic Project

Year 10

- Unit 1 : Introduction to body systems and principles of training in health & fitness
- LO1: Understand the structure and function of the body systems
  - **1.1 –** Skeletal system
  - **1.2 –** Muscular system
  - **1.3 –** Respiratory system
  - **1.4 –** Cardiovascular system
  - **1.5 –** Energy systems
- LO2: Understand the effects of health and fitness activities on the body
  - **2.1 –** Short term effects of health & fitness activities
  - **2.2 –** Long term effects of health & fitness activities
- LO3: Understand health & fitness and the components of fitness
  - **3.1 –** Health and fitness
  - **3.2 –** Components of fitness
  - **3.2.1 –** Health related components of fitness
  - **3.2.2 –** Skill related components of fitness
- LO4: Understand the principles of training
  - **4.1 –** The principles of training
  - **4.2 –** Principles of FITT

FAI 2020