

NCFE LEVEL 1 CERTIFICATE IN HEALTH AND FITNESS

Exam board: NCFE

Unit summary:

| Unit number and title | Mandatory/Optional | Assessment |
|---|--------------------|---|
| Unit 01 Introduction to health, fitness and exercise | Mandatory | Internally assessed portfolio of evidence |
| Unit 02 Understanding a healthy lifestyle | Mandatory | Externally assessed |
| Unit 03 Planning an exercise session | Mandatory | Internally assessed portfolio of evidence |
| Unit 04 Understanding a personal fitness programme | Mandatory | Internally assessed portfolio of evidence |

Assessment structure:

There are two assessment types:

- 1) Internal assessment – portfolio of evidence which is graded by centre staff and moderated externally by NCFE
- 2) External assessment – written examination based on unit 02 which is graded by NCFE

Learners must be successful in both types of assessment to achieve this qualification. (1 hour 30 minutes)

A unit certificate can be requested for learners who don't achieve the full qualification but who have achieved at least one whole unit.

Internal moderators must follow the centre's own internal moderation procedure. External moderation occurs twice a year.

Centres must grade each unit using pass, merit and distinction and then submit the unit grades to NCFE. NCFE will then check and confirm. NCFE will collate all banked unit grades and notify the centre of the final grades.



| Unit grades | | | | Final qualification grade |
|-------------|---|---|---|---------------------------|
| P | P | P | P | P |
| M | M | M | M | M |
| D | D | D | D | D* |
| P | P | P | M | P |
| P | P | P | D | P |
| P | M | M | M | M |
| M | M | M | D | M |
| P | D | D | D | D |
| M | D | D | D | D |
| P | P | M | M | M |
| P | P | D | D | M |
| M | M | D | D | D |
| P | P | M | D | M |
| P | M | M | D | M |
| P | M | D | D | M |