

Health & Fitness

Physical Education

Student representative

Kristian Whinfrey

“Everyone enjoys this course. What little writing there is, is dedicated to helping you understand the practical side, which is every week. Sessions help you to maintain an interesting fitness regime as the activities covered are varied.”



Exam Board: None

Duration: 1 Year

What is it worth? Enrichment

Why take this course? Who is it for?

This course will inform students of the importance of fitness exercise for a healthy lifestyle. This will be a practical based course with some theory elements. This course is open to any one who is interested in leading a healthy life style through the correct balance of exercise and diet. This course has a large proportion of practical elements therefore students will be required to actively take part in the lessons.

What does this course involve?

In this course students will practically learn how to stay fit for the future. They will learn the principles of training. Students will also be shown the importance of a correct diet to help stay fit. The course will benefit each student for the rest of their life.

What possible progression routes are available after taking this course?

Entry onto the BTEC First/National Sports course.

What are the special features?

This is a practical course that will be tailored to each individual's requirements. They will learn skills that they can use for the rest of their lives, such as planning a health program for life including exercise sessions and a balanced diet.

What possible careers follow on from this course?

Gym instructors, personal training instructors. It can also help you in improving your fitness levels for entry into careers, such as , the Armed Forces, Police, Prison and Fire Services.

How you will be assessed?

No examinations.

Who do I see for further information?

Mrs G Robson, Mr R Motson, PE Department

Enrichment
Course