

# NCFE L1/2 TECHNICAL AWARD in HEALTH AND FITNESS 2024 (VCERT)

Date: 4th June Time: AM Marks: 80 Length: 90 min Marks per min: 0.89

## REVISION

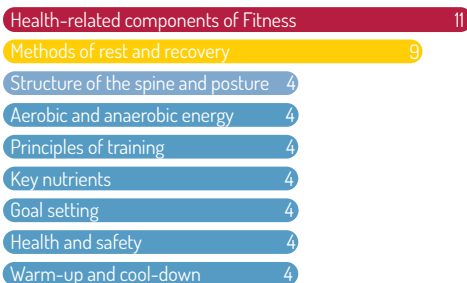
Watch our live revision sessions on  
[youtube.com/TheEverLearner](https://youtube.com/TheEverLearner)



Thu 9th May 16:30-18:00

**IMPORTANT: Analysis of the SAMs 2023 only.**

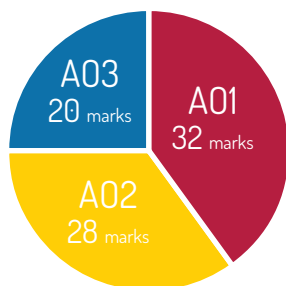
## Most examined topics



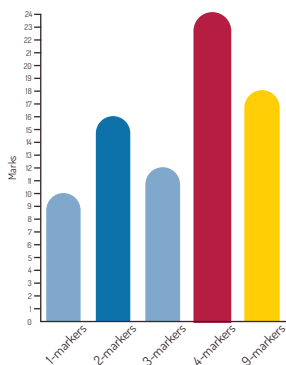
## Skills



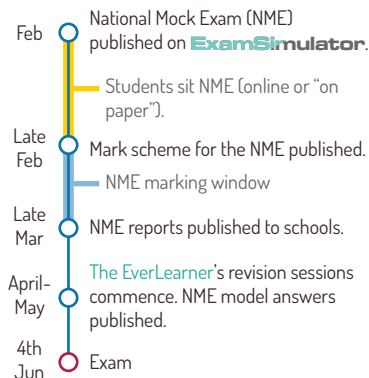
## A0 coverage



## Mark allocation



## Timeline 2024



## Revision tips

- Use the tutorials, quizzing and testing on **The EverLearner**.
- Sit the National Mock Exam with your teacher and review with mark scheme and model answers.
- Attend **The EverLearner's** Live Revision on **YouTube**.
- ES** Do plenty of exam practice on **ExamSimulator**.
- Take great notes and learn them!



The EverLearner

# NCFE L1/2 TECHNICAL AWARD in HEALTH AND FITNESS 2024 (VCERT)

Date: 4th June Time: AM Marks: 80 Length: 90 min Marks per min: 0.89

## Content preparation

- I have completed the National Mock Exam paper and have received my diagnostic.
  - I have OVER-LEARNT all of the most examined topics.
  - I have learnt all other specification content in preparation for lower-tariff questions.
- Health-related comp. fitness
  - Key nutrients
  - Methods of rest and recovery
  - Goal setting
  - Struct. spine and posture
  - Health & safety
  - Aerobic & anaerobic energy
  - Warm-up and cool-down
  - Principles of training

## Skills preparation

- I am fully aware of the most common command words in the NCFE VCERT Health & Fitness exam.
- I have OVER-PRACTISED 'Explain', 'Identify' and 'Justify' through the National Mock Exam, ExamSimulator and past-paper questions.

'Explain'  
skill language

'Identify'  
skill language

'Justify'  
skill language

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

- I am fully aware that 4-mark questions accumulate the most marks in the NCFE VCERT Health & Fitness exam.
- I have OVER-PRACTISED 4-mark questions for the NCFE VCERT Health & Fitness exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the NCFE VCERT Health & Fitness exam.
- I have practised all National Mock Exam, ExamSimulator and past-paper examples of extended-writing.



## Practical examples (A02)

Being able to make A02 applications to movement and performance examples is a critical feature of success in this paper. 19 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks.

We recommend the **EIO** method. This means that you:

1. Give your **Example**.
2. State the **Impact** of the concept.
3. State the **Outcome** that it produces.

What not to do...

A greater proportion of blood is redistributed to the quadriceps muscles when running a 10km race.

The synovial fluid lubricates the shoulder joint during a football throw-in.

What to do...

A greater proportion of blood is redistributed to the quadriceps muscles when running a 10km race allowing for ongoing energy release via the aerobic system. This means the runner can run at higher intensities before entering their anaerobic zone and fatiguing.

Write your example here.

---



---



---

