



# Revision 2025

## NCFE Level 1/Level 2 Technical Award in Health and Fitness Student Notes

### spotlight session

Recommended



**Before the revision  
session**

Complete the 2025  
National Mock Exam

Essential



**During the revision  
session**

Complete the notes

Recommended



**After the revision  
session**

Review with your  
teacher



The EverLearner

## Hot Topic 8: Aerobic and anaerobic energy

8. Give **two** examples of activities where a performer would use the anaerobic energy system.

Justify your choices.

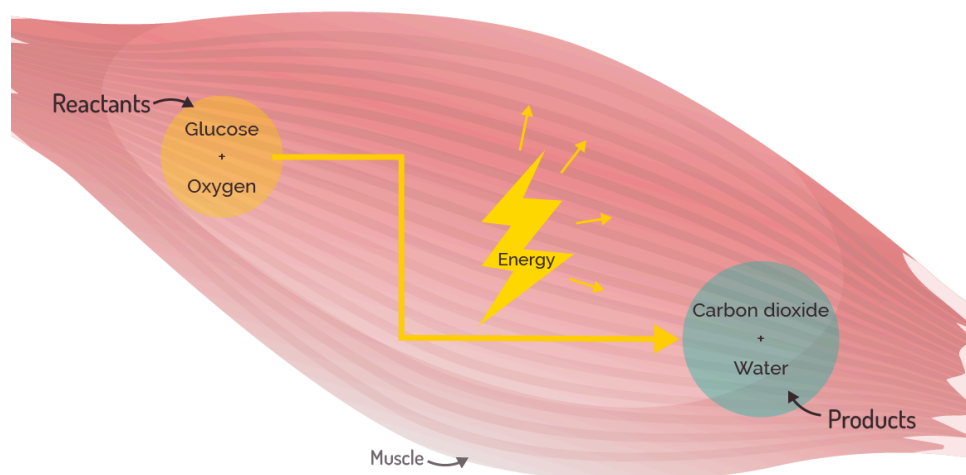
Anaerobic activity 1: \_\_\_\_\_

Anaerobic activity 2: \_\_\_\_\_

Justification: *Weightlifting and 100m sprinting are anaerobic activities as they* \_\_\_\_\_ *and are*  
*both* \_\_\_\_\_ *performed over a*  
\_\_\_\_\_  
\_\_\_\_\_

Marks: [4]

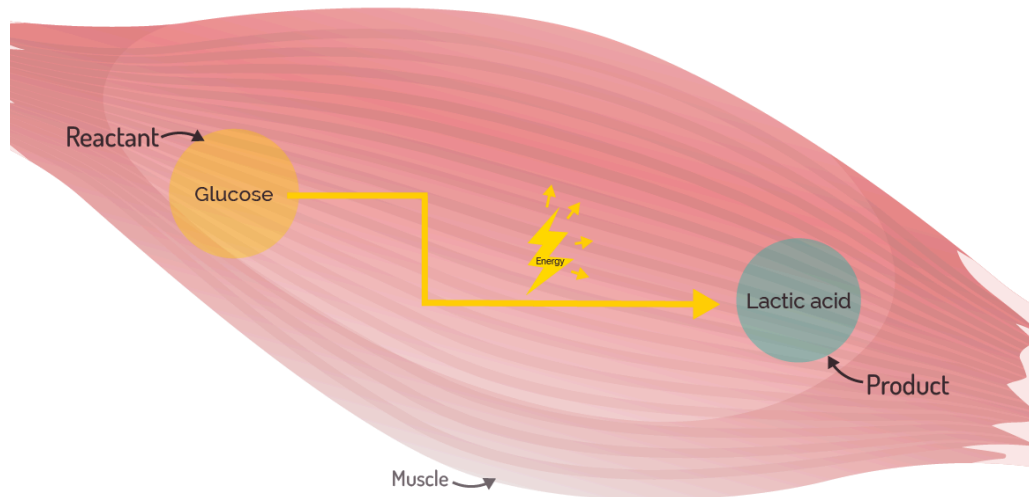
### Aerobic Energy Release



Summary	
Duration	
Oxygen requirement	



## Anaerobic Energy Release



Summary	
Duration	
Oxygen requirement	

Select one from each column		Select a sport or choose a different one
Define...	...aerobic respiration.	Tennis
Give a sporting example of...	...anaerobic respiration.	Sprinting
Explain...		Open-water swimming
Justify your choice of aerobic/anaerobic activities		

**WATCH THE  
HOT TOPICS VIDEO TUTORIALS  
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## Hot Topic 9: Lifestyle factors

**21.** Describe **one** negative effects of smoking and **two** negative effects of stress on health and fitness.

Smoking: *Causes* \_\_\_\_\_, *which can lead to reduced* \_\_\_\_\_ *when exercising.*

Stress: *Causes someone to be* \_\_\_\_\_ *when performing, which can lead to* \_\_\_\_\_ *. It also can lead to a* \_\_\_\_\_ *, which means* \_\_\_\_\_ *someone would be* \_\_\_\_\_ *to be active.*

Marks: **[3]**

Lifestyle factor	Effects
	<ul style="list-style-type: none"> <li>Breathlessness</li> <li>Reduced blood flow due to narrowing of arteries</li> </ul>
	<ul style="list-style-type: none"> <li>Anxious performance</li> <li>Irritability</li> <li>Fatigue</li> </ul>
	<ul style="list-style-type: none"> <li>Joint pain</li> <li>Dehydration</li> <li>Muscle weakness/cramps</li> <li>Vision problems</li> <li>High/low blood pressure</li> </ul>
	<ul style="list-style-type: none"> <li>Muscle wastage</li> <li>Cardiovascular problems</li> <li>Weight loss</li> <li>Loss of concentration</li> </ul>
	<ul style="list-style-type: none"> <li>Decreased co-ordination</li> <li>Delayed reaction</li> <li>Impaired balance</li> <li>Increases dehydration</li> </ul>



# DID YOU KNOW



**With a paid school subscription, students have access to:**

- video tutorials covering the whole spec
- all online quizzing on every topic
- board-specific exam-style questions
- all 10 Hot Topics
- the full 90 mins revision session
- a full set of revision notes

[theeverlearner.com](https://theeverlearner.com)

## Hot Topic 4: Muscle contractions

7. Look closely at this image.

Identify the muscular contraction occurring at the biceps during the **downward** phase of a biceps curl.

Justify your choice.



\_\_\_\_\_ contraction, because the biceps is \_\_\_\_\_  
\_\_\_\_\_ of the weight. It is \_\_\_\_\_ and is \_\_\_\_\_  
\_\_\_\_\_.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Marks: **[3]**



## Types of contraction

Isometric

\_\_\_\_\_

\_\_\_\_\_

Isotonic

Isotonic  
concentric

\_\_\_\_\_

\_\_\_\_\_

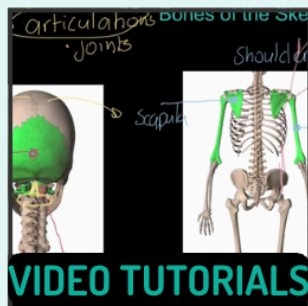
Isotonic  
eccentric

\_\_\_\_\_

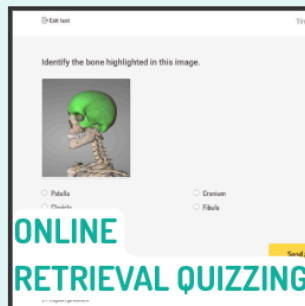
\_\_\_\_\_



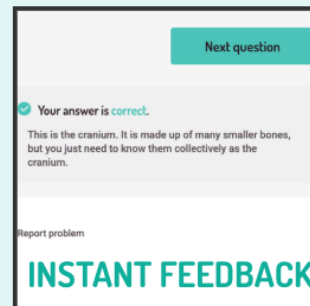
A registered school has access to all this, and more!



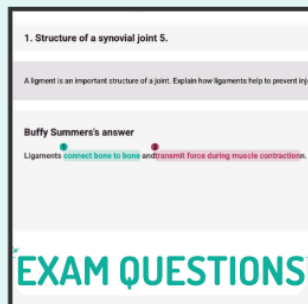
VIDEO TUTORIALS



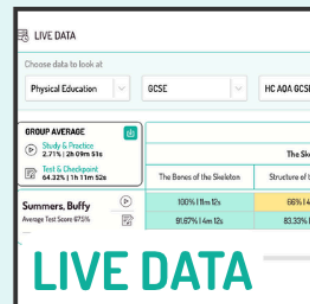
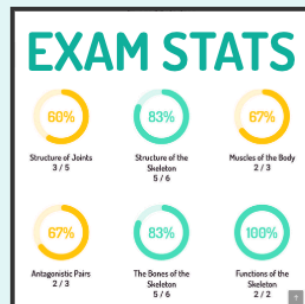
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