

Subject Statement

Health & Fitness



Why do we study this subject at ACE Tiverton?

The Health and Fitness curriculum at ACE Tiverton provides opportunities for our students to:

- adopt a fitter and healthier lifestyle
- develop competence to be effective participants in a wide range of physical activities
- understand the importance of a healthy diet
- learn how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way

What qualifications can I achieve in this subject?

Key Stage 3 students will work towards obtaining:

- ASDAN: Sports and Fitness Short Course

Key Stage 4 students will work towards obtaining:

- NCFE: Level 1 Certificate in Sport

What skills will I learn and practice in this subject?

Students will develop skills and knowledge in areas relevant to the sports industry, such as:

- coaching
- working in the outdoors
- sport and active leisure sectors
- sports volunteering,
- nutrition and health
- events support

What jobs and post 16 education opportunities can I go on to do with this subject?

Health and Fitness prepares students for a career in the outdoor and/or sport and active leisure sectors, and with further learning they may ultimately hold roles such as:

- fitness instructor
- personal trainer
- specialist instructor in Sport/Outdoor Education
- gym manager
- sports development officer
- sports coach.

What else should I know about this subject?

Students will also develop the knowledge, understanding and essential skills employers' value in employees, such as:

- team working and supporting others
- independent learning and problem solving
- interpersonal and communication skills
- appropriate behaviour in the workplace.

Do I need any specific resources or kit for this subject?

All students at ACE Tiverton are timetabled to have 3 Health and Fitness lessons per week, consisting of a combination of practical and theory lessons. During practical lessons, students should wear suitable clothing and footwear for physical activity.