



DENBIGH SCHOOL

VCERT Health & Fitness - Key Exam Information

Subject	VCERT Level 1/2 Technical Award in Health and Fitness
Exam Board	NCFE
Examination Details	40% Externally assessed/externally marked written examination 60% Internally assessed/external moderated synoptic project
Controlled Assessment	Synoptic Project – students have 21 hours of supervised time to complete the project. It cannot be attempted until all teaching content from Unit 01 and Unit 02 from has been delivered. Synoptic project brief will be released December 2022. Official completion time – Jan-Mar 2023
Exam Paper Details	1 exam paper, 80 marks, 90 mins, mixture of multiple choice, short answer and extended answer questions. Second attempt at Exam will be sat in November 2022 Learners have already completed one exam opportunity in last academic year
Key Topics	Unit 1 – Structure and function of the body systems, training Unit 2 – Knowledge, set up and running of various fitness tests
Year 10-11 Leader	Mr R Fry: fryr@denbigh.net