

## Dearne Valley Personal Development Centre

Learners attending the DVPDC provision in Mexborough will have the opportunity to complete the following Programme of Study:

### **NCFE Level 1 Award in Exercise Studies**

QAN: 500/7997/9

This qualification is ideal for anyone with any level of sports ability, who is interested in their own personal health and well-being, improving their performance, enhancing their personal development and gaining an understanding of the benefits of exercise and fitness.

This course is split into 3 units:

Unit 1: Understand the principles of exercise and fitness

Unit 2: Demonstrate an understanding of safety factors relating to exercise

Unit 3: Apply the principles of a training programme

### **NCFE Level 2 Award in Personal Exercise, Health & Nutrition**

QAN: 500/8516/5

This qualification is suitable for learners aged pre-16 and above. This qualification is ideal for those who wish to learn how to improve their personal health and well-being, by introducing them to the importance of health and well-being and how to improve in this area. The qualification aims to enable learners to understand the concept of health and well-being; identify the positive effects of exercise on long-term health and well-being; analyse the level of 'need' for exercise through the various stages of life; understand the nutritional requirements for various types of exercise plan; prepare and implement an exercise plan with the appropriate nutritional requirements.

Unit 1: Understanding health & exercise.

Unit 2: Understanding the role of nutrition in exercise

Unit 3: planning and preparing for personal exercise and nutrition.

### **NCFE Entry Level 3 / Level 1 Award in Creative Craft**

QAN: 601/3360/0

This qualification will introduce learners to craft and design materials and allow them to combine materials to create an art or craft item whilst working safely and using appropriate personal, protective equipment.

Unit 1: Develop and explore a craft idea

Unit 2: Explore materials and tools that support craft ideas

Unit 3: Create, review and present final craft items.

## **NCFE Level 2 Award in Creative Crafts**

QAN: 601/3361/2

Students will learn how to use raw materials, tools and equipment in a safe and competent manner. Develop analytical and research skills Evaluate own work and develop ideas and learning through the craft process. Develop an understanding of health and safety considerations in the art & design environment.

Unit 1: Use materials, tools and equipment to develop craft techniques

Unit 2: Develop craft ideas

Unit 3: Create, present and evaluate final art and design item

In addition, DVPDC offers the following qualifications designed to prepare students for the world of work:

## **NCFE L1 Award in Exploring Occupational Studies for the Workplace**

QAN: 601/1086/7

## **NCFE L1 Certificate in Occupational Studies for the Workplace**

QAN: 601/1088/0

## **NCFE L1 Award in Occupational Studies for the Workplace**

QAN: 601/1087/9

Some common units studied include:

Unit 57: Taking part in a sport

Unit 56: Participating in leisure activities

Unit 65: Problem solving

Unit 64: Working in a team

Unit 69: Caring for babies and young children.