

NCFE Certificate in Exercise Studies Level 1 & Customer Service NVQ Level 1

This Level 1 certificate is suitable for those at all levels of sporting ability, with an interest in improving performance and enhancing personal development. This qualification will help you understand the benefits of exercise and fitness. In addition to your NCFE qualification, you will also be studying the Customer Service NVQ Level 1 qualification, which is fully integrated into your NCFE course. You will: learn how to communicate with customers, understand the principles of exercise and fitness, demonstrate an understanding of safety factors relating to exercise and apply the principles of a training programme.

Course Duration			How will I be assessed			Where do I go from here					Exam Board
3 Months	1 Year	2 Years	Assessment Practical	Assessment Written Exam	Coursework	Level 1	Level 2	Level 3	University	Employment	
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