

**Unit Title:** Developing A Personal Exercise Programme  
**Unit Level:** Level 2  
**Unit Credit Value:** 6  
**GLH:** 48  
**LASER Unit Code:** WJD405  
**Ofqual Unit Code:** A/504/7594

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the importance of exercise.	1.1	Describe the benefits of exercise.
		1.2	Describe the components of health related fitness.
		1.3	Assess whether an individual is doing sufficient exercise to achieve health benefits.
2.	Know about basic human anatomy and physiology.	2.1	Describe the functions of the skeleton.
		2.2	Identify the major bones of the human body.
		2.3	Identify the major muscles of the human body.
		2.4	Outline the function of the heart, lungs and circulatory systems.
		2.5	Describe the effects of exercise on the body.
3.	Understand health and safety factors related to exercise.	3.1	Explain the importance of warming up and cooling down.
		3.2	Identify the components of a safe and effective warm up and cool down.
		3.3	Identify health and safety problems related to exercise.
		3.4	Identify safe and practical clothing and footwear for exercise activities.
4.	Be able to plan a safe and effective home fitness session.	4.1	Plan a suitable warm up and cool down for a home based exercise session.
		4.2	Plan a home based exercise session that incorporates a range of activities.
5.	Be able to plan, monitor and evaluate a safe and effective personal exercise programme.	5.1	Plan a three week exercise programme to achieve identified goals.
		5.2	Keep an exercise diary that records all sessions carried out.
		5.3	Examine the strengths and weaknesses of the exercise programme.
		5.4	Suggest improvements for future planning.

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<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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