

**Unit Title:** Health And Fitness  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** BZX551  
**Ofqual Unit Code:** A/501/5194

This unit has 6 learning outcomes.

| LEARNING OUTCOMES |   | ASSESSMENT CRITERIA |   |
|-------------------|---|---------------------|---|
| The learner will: |   | The learner can:    |   |
| 1.                | Show awareness of the vocational area.          | 1.1                 | State two reasons for keeping fit.  |
|                   |   | 1.2                 | Describe two activities that can help you to keep fit.                                    |
|                   |   | 1.3                 | State why warming up your body is important before doing exercise.                        |
|                   |   | 1.4                 | Name two places where you can do exercise.  |
| 2.                | Interact with others in an appropriate way.     | 2.1                 | Work with a partner on chosen activities.   |
|                   |   | 2.2                 | Work in a group on chosen activities.   |
|                   |   | 2.3                 | Communicate effectively with others in the group.   |
| 3.                | Show a development in skills.                   | 3.1                 | Try a range of basic fitness tests.   |
|                   |   | 3.2                 | Take part in a variety of fitness activities.   |
|                   |   | 3.3                 | Do a simple warm up and cool down.  |
| 4.                | Apply process to tackle basic problems.         | 4.1                 | Complete a simple training programme which improves fitness over a specified time period. |
| 5.                | Show basic awareness of safe working practices. | 5.1                 | Show an awareness of safe use of equipment.   |
|                   |   | 5.2                 | Wear appropriate clothing for chosen activities.  |
| 6.                | Review own performance and personal skills.     | 6.1                 | State what went well/not so well.   |
|                   |   | 6.2                 | State what might have been done differently.  |

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