

Unit Title: Health And Fitness
Unit Level: Entry 1
Unit Credit Value: 3
GLH: 30
LASER Unit Code: CAL079
Ofqual Unit Code: Y/600/6268

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Recognise the importance of exercise.	1.1	Identify two forms of exercise.
		1.2	Identify a benefit of exercise.
2.	Recognise the correct clothing to be worn when participating in exercise.	2.1	Identify suitable clothing and footwear to be worn for an exercise activity.
3.	Take part in an exercise programme.	3.1	Take part in a warm up activity.
		3.2	Take part in an exercise activity.
		3.3	Take part in a cool down activity.
		3.4	Keep a record of taking part in the exercise.

Assessment Guidance:

As an E1 unit it is expected that the learner may require some support and prompting when doing the assessment but will be able to provide meaningful and appropriate responses to the tasks. The unit is only assessed at the application stage of the continuum.

Additional Information:

NA