

**Unit Title:** Health And Fitness  
**Unit Level:** Entry 2  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** CAL082  
**Ofqual Unit Code:** R/600/6267

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Recognise the importance of exercise.	1.1	List two forms of exercise.
		1.2	List two benefits of exercise.
		1.3	List two barriers to exercise.
2.	Recognise the correct clothing to be worn when participating in exercise.	2.1	Identify two exercise activities to participate in.
		2.2	Identify suitable clothing and footwear for these exercises.
3.	Take part in an exercise programme.	3.1	Identify the correct techniques for carrying out a chosen exercise.
		3.2	Take part in a warm up activity.
		3.3	Take part in two exercise activities.
		3.4	Take part in a cool down activity.
		3.5	Keep a record of taking part in the exercise.

**Assessment Guidance:**

As an E2 unit it is expected that the learner may require some assistance in the form of prompts for the assessment. Practical tasks may be in a simulated environment.

**Additional Information:**

NA