

**Unit Title:** Taking Part In Exercise And Fitness  
**Unit Level:** Level 1  
**Unit Credit Value:** 4  
**GLH:** 30  
**LASER Unit Code:** WJC595  
**Ofqual Unit Code:** L/506/0950

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about different exercise and fitness activities and facilities.	1.1	Outline different exercise and fitness activities.
		1.2	Identify different exercise and fitness abilities.
2.	Know how to take part in exercise and fitness safely.	2.1	Outline an induction process for an exercise and fitness activity.
		2.2	Outline warm up and cool down activities.
3.	Be able to demonstrate work skills through participation in exercise and fitness activities.	3.1	Actively participate in exercise and fitness activities and demonstrate: <ul style="list-style-type: none"> <li>• time management skills</li> <li>• appropriate dress for the activity</li> <li>• following instructions provided by the activity leader</li> <li>• following health and safety guidelines before, during and after activities.</li> </ul>
4.	Know how to review own performance.	4.1	Identify own strengths and areas for improvement in exercise and fitness activities.
		4.2	Identify ways of improving own performance in one activity.

**Assessment Guidance:**

NA

**Additional Information:**

NA