

**Unit Title:** Health And Fitness  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** WJC649  
**Ofqual Unit Code:** M/506/0939

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about health and fitness.	1.1	State two reasons for keeping fit.
		1.2	Outline 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.	Be able to 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.	Be able to demonstrate fitness tests and activities.	3.1	Demonstrate at least three basic fitness tests.
		3.2	Demonstrate at least three fitness activities.
		3.3	Demonstrate a simple warm up and cool down.
4.	Be able to participate in a simple training programme.	4.1	Complete a simple training programme which improves fitness over a specified time period.
5.	Be able to follow safe working practices.	5.1	Demonstrate safe use of equipment.
		5.2	Wear appropriate clothing for chosen activities.
6.	Know how to review own performance personal skills.	6.1	State what went well/not so well after demonstrating at least one fitness activity and the simple training programme.
		6.2	State what might have been done differently after demonstrating at least one fitness activity and the simple training programme.

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