

Unit Title: Improving Own Fitness
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC650
Ofqual Unit Code: M/506/0942

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about different exercise and fitness activities.	1.1	Identify different exercise and fitness activities.
2.	Be able to demonstrate work skills through participation in exercise and fitness activities.	2.1	Actively participate in exercise and fitness activities and demonstrate: <ul style="list-style-type: none"> • time-management skills • appropriate dress for the activity • following instructions provided by the activity leader • following health and safety guidelines before, during and after activities.
3.	Know how to review own performance.	3.1	Identify own strengths and areas for improvement in exercise and fitness activities.

Assessment Guidance:

NA

Additional Information:

NA