

**Unit Title:** Understanding Physical Activity And Health  
**Unit Level:** Entry 3  
**Unit Credit Value:** 6  
**GLH:** 60  
**LASER Unit Code:** WJC651  
**Ofqual Unit Code:** M/506/0956

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about the importance of healthy living.	1.1	List different lifestyle choices that can help improve health.
2.	Know about the importance of physical activity.	2.1	List the health benefits of physical activity.
		2.2	State the guidelines for physical activity.
3.	Know about health and safety factors related to physical activity.	3.1	Outline the importance of warming up and cooling down.
		3.2	List the components of a safe and effective cool down.
4.	Know how to plan a physical activity programme.	4.1	Plan a three week physical activity programme to achieve identified goals.
		4.2	Keep a physical activity diary that lists all sessions completed.
		4.3	Plan how the programme could be progressed.

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